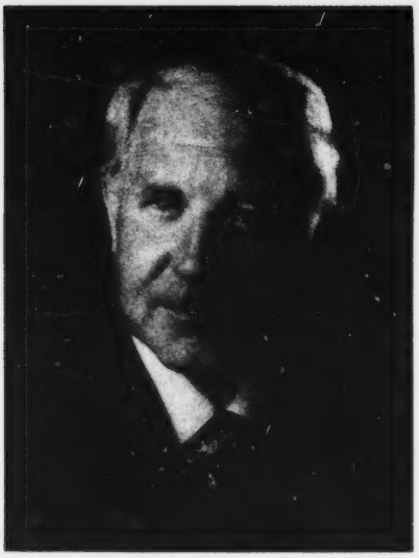
Programs for Seniors

Nova Scotia

Senior Citizens' Secretariat



A Message

from Premier Buchanan

As Premier of our great province I recognize Nova Scotia's greatest resource is our people, and to ensure strength in our society we must all work together to meet the challenges we face. The challenge facing Nova Scotians today is to do what we can in our own lives to strengthen our province and hand down a stronger province and a continuing tradition of excellence to the next generation, and to ensure the best possible lifestyle for all of the people.

Senior Citizens devoted decades to developing a stronger province for their sons and daughters. The government I lead recognizes this extraordinary contribution and is determined to honour the debt to our seniors.

Helping our seniors maintain their independence continues to be a key goal of my government. To this end I am pleased to take this opportunity of reaffirming our government's commitment to the broad range of seniors' programs described in this book. We are also determined to improve these programs to further enrich the lives of seniors.

Through the work of the Senior Citizens' Secretariat, the Senior Citizens' Commission and an Inter-departmental Committee of Deputy Ministers, we are moving towards the establishment of a co-ordinated, comprehensive home care program for Nova Scotians.

Our government will be doing all within our resources to provide seniors with the lifestyle by which they can continue to play a major contributing role in the betterment of our province.

I trust you will find this booklet helpful in keeping you informed and answering your questions about services and programs for seniors available in Nova Scotia today.

Sincerely,

John M. Buchanan, P.C. Q.C.
Premier of Nova Scotia

Senior Citizens' Secretariat

If you have suggestions or questions regarding the content of this brochure or if you require additional copies, please contact any of the following at the telephone numbers shown:

Fred R. MacKinnon, Director	424-6322
Valerie J. White, Coordinator	424-4649
John A. MacKenzie, Special Consultant	424-5329
Secretary	424-4737

Our Mailing Address is:

P.O. Box 2065
Halifax, Nova Scotia
B3J 2Z1

The offices of the Secretariat are located on the 6th floor of the Dennis Building, 1740 Granville Street, Halifax.

If you wish to call at the office regarding any matter, staff will be pleased to see you.

Important Notice

Toll-Free Number for Seniors
Effective **April 1, 1987**

A toll-free telephone number will be available for all seniors April 1, 1987. This means seniors will incur no long distance charges for calls to the Secretariat. After that date seniors or persons acting on their behalf may call this toll-free number in respect to any matter on which they want assistance or information, and the Secretariat will be pleased to provide the appropriate assistance and information.

If you live outside the free calling area (Halifax-Dartmouth region) dial **1-424-0065.** If you live in the free calling area (Halifax-Dartmouth region) dial **424-0065.**

A telephone answering machine will record all requests and messages received after hours, weekends, and on holidays; and these will be answered promptly the next working day.

PERSONAL RECORD

NAME _____

ADDRESS _____

_____ POSTAL CODE _____

_____

TELEPHONE NUMBER _____

SOCIAL INSURANCE NUMBER _____

MEDICAL INSURANCE NUMBER _____

OLD AGE SECURITY (PENSION) NUMBER _____

NAME, ADDRESS AND TELEPHONE NUMBER OF:

RELATIVE _____

FRIEND _____

NAME, ADDRESS AND TELEPHONE NUMBER OF:

DOCTOR _____

LAWYER _____

CLERGY _____

SOCIAL WORKER OR SENIOR CITIZENS' COUNSELLOR _____

_____

OTHER TELEPHONE NUMBERS:

HEALTH DEPT. OR UNIT _____

HOME LIFE SUPPORTS _____

DRUGSTORE _____

CLUBS AND CENTRES _____

_____

EMERGENCY TELEPHONE NUMBERS

AMBULANCE _____ HOSPITAL _____

CRISIS CENTRE _____ POISON CONTROL _____

FIRE AND INHALATOR _____ POLICE _____

If you can't dial the number yourself, dial "0" for Operator and say "This is an emergency." Give the Operator the area name where help is needed. If you cannot stay at the phone, give the exact location of the emergency.

Table of Contents

	Pages
Personal Record	
Province-Wide Organizations for Seniors	1
The Senior Citizens' Secretariat	1
Nova Scotia Senior Citizens' Commission	1
Canadian Pensioners Concerned Incorporated, Nova Scotia Division	2
The Federation of Senior Citizens and Pensioners of Nova Scotia	3
Gerontology Association of Nova Scotia	4
New Horizons Program	4
Nova Scotia Advisory Council on the Status of Women	5
Networking for Seniors of Nova Scotia	5
National Organizations for Seniors	6
National Advisory Council on Aging	6
Retirement Income	7
Retirement Income Programs Provided by the Federal Government	7
Regional and Local Offices	7
Old Age Security Pension	8
Guaranteed Income Supplement	9
Spouse's Allowance and Widowed Spouse's Allowance	9
Canada Pension Plan	9
Veterans Affairs	9
Retirement Income Programs Provided by the Provincial Department of Social Services	10
Special Social Assistance	10
Property Tax Rebates	10
Rental Assistance	10
Family Benefits	13
Foster Parents Program	13
Workers' Compensation Board	13
Retirement Income Programs Provided by Municipal Governments	13
Municipal Social Assistance	13
Municipal Social Services Workers and Offices	14
Social Services — Provincial	19
Adult Protection Legislation	19
Homes for Special Care — Admissions	21
Regional and District Offices	22
Home Life Supports Program	24
Homemaker Services	24
Meals on Wheels	27
Wheels to Meals	27
Health Services — Provincial	28
Location of M.S.I. Offices	28
M.S.I. Pharmacare	28
Community Health Nursing	29
Mental Health Services	30
Hearing Problems	30
Nova Scotia Commission on Drug Dependency	31
Camp Hill Hospital	31
Nova Scotia Department of Housing	32
Small Loans Assistance Program	32
Senior Citizens' Public Housing	32
Non-Profit Housing	33
Senior Citizens' Assistance Program	33
Provincial Housing Emergency Repair Program	34
Access-A-Home	34
Senior Citizens' Housing Units — Managers and Location	35

Learning Opportunities — General 41
Universities 41
Mount Saint Vincent University 41
Continuing Education 41
National Film Board 42
Elderhostel 42
Recreation Services — General 43
Department of Culture, Recreation and Fitness — Regional Offices 43
Municipal Recreation Directory 44
Municipal Recreation Districts 44
Recreation Council for the Disabled in Nova Scotia 48
Nova Scotia Department of Consumer Affairs 49
Rent Review Commission 49
Nova Scotia Department of Mines and Energy 50
Ener/Info 50
Community, Legal and Counselling Services 51
The Ombudsman 51
Nova Scotia Legal Aid 51
Dalhousie Legal Aid 52
Lawyer Referral Service 52
Better Business Bureau of Nova Scotia 53
Counselling Assistance to Small Enterprises (CASE) 53
Government Information Services 54
Public Enquiry Service — Government of Nova Scotia 54
Canada Service Bureau 54
Seniors' Infoline 54
Community Services 55
Senior Centres 55
Spencer House Seniors' Centre 55
Northwood Multi-Purpose Centre 55
Northwood Care "At-Home" Support Service 56
Dartmouth Senior Citizens' Service Centre 56
Senior Citizens' Resource Centre 56
The Information and Resource Centre of Annapolis County 56
Valley View Villa 56
Port Hawkesbury Senior Support Service 57
Telephone Aids and Services 57
Telecare 57
Help Line (Crisis International Line) 57
Adult Day Care Program 57
Northwood Day Program 57
South Cumberland Memorial Hospital Adult Day Care Centre 58
Harbourview Senior Day Care 58
Employment Services 58
Canada Employment Centres 58
Transportation Services 58
Travel Discounts 58
Access-A-Bus 59
Callow Veterans & Invalids Welfare League 60
Cassibo Buses 60
Royal Canadian Legion 60
We Care and Carry Errand Service 60
Transport 2000 60
Community Health Services 61
The Canadian Red Cross Society, Nova Scotia Division 61
The Poison Control Centre, Satellite Stations 61
Medic-Alert Bracelets 62
Home Support Services — Private Sector 62
Comcare (Canada) Ltd. 62

Upjohn Health Care Services Ltd. 62
"Sunshine" Personal Home Care (Real Help Services) 62
Victorian Order of Nurses 62
Martha Home Health Care Project 63
Antigonish Town & County Home Care Society 63
Respite Care 63
Wheelchair Services 64
Senior Optical Services 64
Voluntary Health and Welfare Agencies 64
Canadian Paraplegic Association — Nova Scotia Division 64
The Alzheimer Society of Nova Scotia 64
Kidney Foundation of Canada — Nova Scotia Branch 65
The Nova Scotia Heart Foundation 65
Nova Scotia Lung Association 65
Nova Scotia Hearing and Speech Clinic 65
Canadian Diabetes Association 66
Canadian National Institute for the Blind 66
Canadian Mental Health Association — Halifax Branch 67
Halifax Stroke Club 67
Multiple Sclerosis — Halifax-Dartmouth, Metro Chapter 67
Canadian Cancer Society 67
Arthritis Society — Nova Scotia Division 67
Abilities Foundation of Nova Scotia 68
Parkinsons' Disease Society of Nova Scotia 68
General Information 69
Proof of Age 69
Birth Certificates 69
Baptismal Certificates 69
Other Documents 69
Social Insurance Number 70
Courtesies and Discounts 70
Travel Discounts 70
Discounts for Seniors — Senior Handbook 70
Senior Citizens' Councils 70
Information Re: Societies Act 72
Good Nutrition 74
Mealtimes Are Social Times 75
Hospice Program 75
Palliative Care Service 75
Coping With Death 76
The Way Ahead 76
Funeral Plans 76
Death Certificate 76
Death Benefits 76
Making Things Easier for Those You Leave Behind 76
Making a Will 76
Arranging Your Affairs 77
Funeral Arrangements 77
The Greater Halifax Memorial Society 77
Community Contact for the Widowed 77
When You Move 78
Your Bank 78
Telephone 78
Hydro 78
The Post Office 78
Heating Fuel 78
Water 78
Credit Cards 78
Temporary Phone 78

Province-Wide Organizations for Seniors

The Senior Citizens Secretariat

In February 1980, the Honourable Jack MacIsaac, Minister of Municipal Affairs and Minister in Charge of the Nova Scotia Housing Commission at that time, announced the formation of a Secretariat on Aging in the Provincial Government. Legislation was introduced at the 1980 Session of the Nova Scotia Legislature providing for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister charged with the Administration of the Housing Development Act as constituting the Secretariat with the Governor-in-Council having the authority to add other persons as may be determined from time to time.

The Minister of Education and the Minister of Culture, Recreation and Fitness were added to the membership of the Secretariat on August 17, 1982. Their respective departments provide programs of interest and benefit to seniors.

The Act provides that the objective and purpose of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies and programs presented by the departments of the Provincial Government and by developing plans, policies and programs for and with seniors in partnership with the responsible departments of gove r-ment and other provincial bodies such as the Nova Scotia Senior Citizens' Commission and voluntary seniors' groups.

The Minister of Tourism is Chairman of the Secretariat.

The offices of the Secretariat are located on the 6th floor of the Dennis Building, 1740 Granville Street. The mailing address is P.O. Box 2065, Halifax, Nova Scotia, B3J 2Z1. The telephone numbers are 424-4649, 424-4737, 424-5329, and 424-6322.

The members of the Secretariat are:

Honourable Jack MacIsaac
Chairman
Minister of Tourism

Honourable Ronald S. Russell
Minister of Health

Honourable Edmund Morris
Minister of Social Services

Hournable G. David Nantes
Minister of Municipal Affairs

Honourable Milne Pickings
Minister of Housing

Honourable Terence R.B. Donahoe, Q.C.
Minister of Vocational and Technical Training

Honourable Greg Kerr
Minister of Culture, Recreation & Fitness

Nova Scotia Senior Citizens' Commission

The Nova Scotia Senior Citizens' Commission was authorized by the Senior Citizens' Social Services Act of 1972.

The functions and powers of the Commission, as outlined under the Act, are as follows:

a) to conduct, direct and promote fact finding studies and research related to aging;

b) to seek out and encourage persons interested in providing voluntary services to citizen groups concerned with aging;

c) to promote new activities and social services for senior citizens through voluntary agencies and through all levels of Government as may be deemed appropriate;

d) to perform any duties assigned to the Commission by the Governor-in-Council or the Minister.

The members of the Senior Citizens' Commission appointed by the Executive Council are as follows:

Jack Glassey
Chairperson
76 Roosevelt Avenue
Truro, N.S. B2N 5C1
Telephone: 895-4538

Rev. W. Grant MacDonald
Dartmouth, N.S.

Wilfred Wallis
Pictou, N.S.

Philip Nash
Glace Bay, N.S.

Rev. J. Melville Scott
Halifax, N.S.

Mrs. Edith Harvie
Halifax, N.S.

Mrs. Bertha Frison
Reserve Mines, N.S.

Rev. William VanZoost
Beach Meadows, N.S.

Hugh Walker
New Ross, N.S.

Mrs. Mary Vaughan
Halifax, N.S.

Herman Hartlin
East Jeddore, N.S.

Mrs. Helen Robinson
Dartmouth, N.S.

Winnifred Rockwell
Wolfville, N.S.

Fred Wildsmith
Port Hawkesbury, N.S.

Mrs. Erma White
Maitland, N.S.

Earl Stanley Cooke
Dartmouth, N.S.

Doris Black
Baddeck, N.S.

Hedley Ivany
Halifax, N.S.

The Coordinator is Allan Clark, Department of Social Services.

Other representative members of the Commission are:

Dan MacLean
Department of Vocational and Technical Training

Dr. John Stanton
Department of Health

Don Burgoyne
Continuing Education

Nelson Ellsworth
Department of Culture,
Recreation and Fitness

Valerie White
Senior Citizens' Secretariat

Canadian Pensioners Concerned Incorporated, Nova Scotia Division

Canadian Pensioners Concerned Incorporated is a multi-generational, voluntary organization with members, mainly retired persons, who work for older Canadians, regardless of race, colour, sex, creed or political affiliation, who are being seriously hurt by inadequate incomes, inflation, taxes, unsatisfactory health care and housing arrangements. The organization has provincial divisions which in turn have local chapters and associated clubs. The Nova Scotia Division, established in 1971 and incorporated in 1974, is non-profit and non-

partisan. It endeavours to achieve its aims by collecting and distributing facts obtained from reliable official sources by means of reports, briefs, meetings and workshops. Efforts are made to involve as many retired and semi-retired persons and other interested people as possible.

Membership fees for Canadian Pensioners Concerned Incorporated are as follows:

Individual Membership	$ 3.00
Married Couples	$ 5.00
Associated Clubs	$15.00

Membership cards are provided for individual members of associated clubs for an additional 50¢.

Publications:
Programme for Action, Halifax, 6th revision, 1986. Policy, goals, background. Provides self-help telephone numbers.

A Brief History of Nova Scotia Activities 1971-1980, Halifax, January, 1981. Complete revision and update, 1986.

Supplement 1981-1984 — published 1985.

The Law and Older Nova Scotians: A Handbook about Federal and Nova Scotia Law and Related Information, Halifax, January, 1983. Price for Pensioners: $3.00 plus cost of mailing — $1.50.

Further information may be obtained by contacting:

Canadian Pensioners Concerned Incorporated
(Nova Scotia Division)
Tower 1, Suite 103
Halifax Shopping Centre
7001 Mumford Road
Halifax, Nova Scotia
B3L 4N9
Telephone: 455-7684
Contact: M. Doreen E. Fraser, President

The Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia was organized in 1973. The Federation is a democratic, non-political, non-sectarian organization composed of senior citizens clubs and councils in Nova Scotia. It is affiliated with the National Federation of Senior Citizens and Pensioners. Delegates regularly attend National Conventions and other events pertaining to senior citizens' and pensioners' affairs. Registered membership in the Nova Scotia branch represents the active affiliation of 130 clubs and councils from all areas of the Province.

The objectives of the Federation are:

1. To present a new image of the active senior citizens' involvement in the community.
2. To promote a range of services that enable seniors to function and remain in their homes for as long as possible.
3. To promote a range and choice of living accommodations when seniors are unable to remain in their own homes.
4. To obtain adequate income for seniors.
5. To promote transportation services that are usable and accessible.
6. To act as an effective voice in making known to the proper authorities the needs of older people in Nova Scotia, through affiliation with the National Organization.
7. To request improvement in social and recreational programs for seniors.
8. To request adequate medical and drug services for seniors.
9. To develop a closer relationship with other bodies and organizations sharing similar objectives and concerns.

For further information contact:

The Federation of Senior Citizens and Pensioners
16 D'Aubin Lane
Kentville, Nova Scotia
B0A 1V0
Contact: Al Foley, President
Telephone: 678-2071
or
Mrs. Bertha Frison,
Secretary-Treasurer
Reserve Mines, Nova Scotia
B0A 1V0
Telephone: 849-8437

Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is a multi-displinary association established in 1977 to provide leadership in matters related to issues of aging. The Association grew out of the interest and needs of many persons working in the field of aging throughout the Province.

The aims and objectives of the Association are as follows:

1. To provide opportunities for personnel working in the field to meet and share common concerns, through regional chapter meetings, conferences, in-service workshops and symposiums.

2. To foster coordination of agencies and organizations for the the elderly in Nova Scotia.

3. To serve as a consulting body to the elderly and persons working in the field of Gerontology.

4. To provide an information and resource centre.

5. To facilitate research in conjunction with the appropriate agencies, organizations and individuals.

Membership in the Association is open to organizations and individuals who have a professional interest or personal concern in Gerontology. The dues are $10.00 per year for an individual and $25.00 per year for an organization. Individual members and those members designated by an organization have the right to vote in matters relating to the work of the Association.

For further information contact:

Gerontology Association
of Nova Scotia
P.O. Box 1312
Wolfville, Nova Scotia
B0P 1X0
Telephone: 542-9327

New Horizons Program

The New Horizons Program is a province-wide federal program under the Department of Health and Welfare, Canada that provides retired Canadians with opportunities to maintain active and independent lifestyles while contributing their skills and resources to their peers and their communities.

The Program contributes financial resources to enable retired persons to join with others their age in group activities that they plan and organize. Contributions may cover expenses incurred in planning, organizing and operating the projects, including items such as rent, utilities, furniture and equipment, materials and supplies, renovations and transportation.

Projects may take on many different forms and may include various activities such as service-oriented activities (e.g. meals on wheels, support groups, adult day care); educational activities (e.g. seminars, workshops, public speaking): sports, fitness and games (e.g. bowling, dancing and physical fitness); arts, crafts and entertainment (e.g. quilting, woodworking, choral groups); and senior citizens' organization development (e.g. developing seniors' networks, leadership training, establishing organizational structures). Funds are available to set up activities or expand existing ones.

For further information contact:
Kevin S. Ryan
Regional Manager
or
Roy Comeau
Field Representative
or
Irene C. Rose (Mrs.)
Field Representative

New Horizons Program
Halifax Insurance Building
5670 Spring Garden Road
Halifax, Nova Scotia
B3J 1H6
Telephone: 426-2741

Nova Scotia Advisory Council on the Status of Women

The Council was established in 1977 as an advisory body to the Provincial Government. The Council is legislated to advise on matters relating to the status of women as they are referred to it for consideration by the Minister Responsible for the Administration of the Status of Women Act. In turn, the Council brings to the attention of the Minister other matters of interest and concern to women. All members are appointed by the Government and, with the exception of a full-time President, are unsalaried. The Council's handbook for widows entitled *Survival* has proven invaluable in the past and is now being revised and updated.

For further information contact:

Nova Scotia Advisory Council
on the Status of Women
P.O. Box 745
Halifax, Nova Scotia
B3J 2T3
Telephone: 424-8662

Networking for Seniors of Nova Scotia

The new Networking for Seniors invites seniors' organizations to affiliate. It is part of a non-political national body that offers itself as the voice of seniors on matters of provincial and national concern. Networking is a research and advocacy service that presents briefs on behalf of seniors, researches projects and programs available for seniors, as well as future ones that may be required to enhance the lifestyles of seniors.

In Nova Scotia, Networking may be contacted care of the office of Canadian Pensioners Concerned Incorporated, Nova Scotia Division:

Canadian Pensioners Concerned Inc.,
Nova Scotia Division
Tower 1, Suite 103
Halifax Shopping Centre
7001 Mumford Road
Halifax, Nova Scotia, B3L 4N9
Telephone: 455-7684

National Organizations for Seniors

National Advisory Council on Aging

A federal Order-in-Council established an 18-member Advisory Board to assist and counsel the Minister of Health and Welfare, Canada on all matters relating to the quality of life of Canada's aging population.

In addition to advising the Minister on proposed policies and programs for seniors, the Council undertakes in its own right to:

- review the needs and problems of older people and recommend remedial action;
- liase with national, provincial and local associations and interested groups involved in and/or representing the aged;
- help with information dissemination;
- publish a report; and
- stimulate public discussion on aging.

For further information contact:

President
National Advisory Council on Aging
Room 1264
Jeanne Mance Building
Ottawa, Ontario
K1A 0K9
Telephone: (613) 990-7627

Retirement Income

The primary responsibility for pensions and retirement income rests with the Federal Government. The Canadian Old Age Security Program is sometimes described as having three tiers. The first tier is the Canada Pension Plan and the second tier is the universal Old Age Pension payment. If the total income from these two tiers and private savings and pension plans is insufficient, there is a third tier, the Guaranteed Income Supplement which is payable on the basis of an income test. Descriptions of these federal programs follow:

Retirement Income Programs Provided by the Federal Government

The Income Security Programs — Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and Canada Pension Plan — are all centralized in one office. The Regional Provincial office is as follows:

Halifax District Office
Suite 111, Simpsons Mall
6960 Mumford Road
Halifax, Nova Scotia
B3L 4P1
Telephone:
426-3720 or 426-3711 or 426-3721

Regional and Local Offices

Bridgewater
C.E.I.C. Office (Every Thursday)
South Shore Mall
40 North Street
Bridgewater, Nova Scotia
B4V 2Z5
Telephone: 543-8515

Kentville:
C.E.I.C. Office (Every Thursday
Federal Building 8:30 to 4:00)
495 Main Street
Kentville, Nova Scotia
B4N 3W5
Telephone: 678-7391

Yarmouth:
C.E.I.C. Office (Every Tuesday
Federal Building 8:30 to 4:00)
15 Willow Street
Yarmouth, Nova Scotia
B5A 1T8
Telephone: 742-8302

Sydney District Office:
58 Dorchester Street
Sydney, Nova Scotia
B1P 5Z1
Telephone: 564-7350

Inverness:
C.E.I.C. Office (Every Thursday
Federal Building 11:00 to 4:00)
Railroad Street
Inverness, Nova Scotia
B0E 1N0
Telephone: 258-2995

Antigonish District Office:
Main Street
Federal Building
P.O. Box 1745
Antigonish, Nova Scotia
B2G 2M5
Telephone: 863-3540

Port Hawkesbury:
C.E.I.C. Office (Every Friday
Chediac Plaza 11:00 to 4:00)
Reeves Street
Port Hawkesbury,
Nova Scotia B0E 2V0
Telephone: 625-2500

New Waterford:
C.E.I.C. Office
3440 Plummer Ave.
New Waterford
Nova Scotia B1H 1Z3
Telephone: 564-3150
(Every Wednesday 1:00 to 4:00)

Windsor:
C.E.I.C. Office
Windsor Mall
104 Water Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-5701
(Every 2nd Wednesday 8:30 to 4:00)

North Sydney:
C.E.I.C. Office
116 King Street
North Sydney
Nova Scotia B2A 3R7
Telephone: 564-3150
(Every Monday 9:00 to 4:00)

Middleton:
C.E.I.C. Office
11 Commercial Street
P.O. Box 100
Middleton
Nova Scotia B0S 1P0
Telephone: 825-4675
(Every 1st & 3rd Wednesday 8:30 to 4:00)

Liverpool:
C.E.I.C. Office
Federal Building
164 Main Street
General Delivery
Liverpool, Nova Scotia
B0T 1K0
Telephone: 354-3471
(Every 2nd Tuesday 8:30 to 4:00)

Glace Bay:
C.E.I.C. Office
General Mining Building
95 Union Street
Glace Bay, Nova Scotia
B1A 6G3
Telephone: 564-2565
(Monday to Wednesday 8:30 to 4:30)

Digby:
C.E.I.C. Office
Evangeline Shopping Mall
P.O. Box 1540
Digby, Nova Scotia
B0V 2T0
Telephone: 245-4781
(Every 2nd & 4th Wednesday 8:30 to 4:00)

Shelburne:
C.E.I.C. Office
Old Post Office Bldg.
P.O. Box 810
Water Street
Shelburne
Nova Scotia B0T 1W0
Telephone: 875-2452
(Every 2nd Wednesday 8:30 to 4:00)

Amherst:
Federal Building
40 Havelock Street
Amherst, Nova Scotia
B4H 4C3
Telephone: 667-5126
(Every Wednesday and Thursday 8:30 to 4:30)

New Glasgow:
689 Westville Road
Highland Square Mall
New Glasgow,
Nova Scotia
B2H 2J6
Telephone: 755-4430
(Monday to Friday 8:30 to 4:30)

Truro:
No. 14 Truro Centre
Esplanade Street
Truro, Nova Scotia
B2N 2K3
Telephone: 895-4335
(Monday to Friday 8:30 to 4:30)

Old Age Security Pension

The Old Age Security Pension is a monthly benefit paid to persons 65 years of age or over who have Canadian legal residence status and meet the residence requirement. A minimum of 10 years residence in Canada after age 18 is required to qualify for a pension while residing in Canada. A minimum of 20 years residence in Canada after age 18 is required to qualify for a pension while residing outside Canada.

The monthly payment as of October 1, 1986 for full Old Age Security was $294.43. Payments increase in January, April, July and October each year if there is an increase in the cost of living index.

Guaranteed Income Supplement

This is a benefit available to persons who receive Old Age Security and who have little or no other income. This additional benefit must be reapplied for every year. Eligibility and the amount of the supplement usually depend on total actual income in the previous calendar year and marital status. However, if a person has retired or suffered a loss or reduction in retirement income, he or she may qualify on income after the change.

The maximum G.I.S. payment as of October 1, 1986 was $349.91 for a single person and $227.89 each for a married couple. This supplement is included in the Old Age Security cheque.

When the cost of living index increases,

the supplement goes up in January, April, July and October by the percentage increase in the index.

Persons who think they are eligible but who have not received an application form may contact the Income Security Programs office in their district.

Spouse's Allowance and Widowed Spouse's Allowance

This is paid to spouses of Old Age Security pensioners when the spouse is between 60 and 65 years of age and the pensioner is receiving the Guaranteed Income Supplement. It is based on the combined income of husband and wife. (A common-law relationship may be recognized.)

The spouse must have lived in Canada for at least 10 years following his/her 18th birthday. He/she must also be a Canadian citizen or a legal resident of Canada.

To qualify, combined annual income, not including the Old Age Security and Guaranteed Income Supplement, must be less than $15,407.99 effective April 1, 1986.

Effective October 1, 1986 the maximum monthly payment was $522.32 per month.

Spouse's Allowance continues following the death of the pensioner until the surviving spouse reaches age 65 or remarries and if the surviving spouse has little or no income.

Payments are increased in January, April, July and October of each year if there is an increase in the cost of living index.

The spouse should apply for this benefit six months before his/her 60th birthday and must reapply each year until he/she becomes eligible for Old Age Security at 65 years of age.

An October 1986 amendment to the Old Age Security Act extends the monthly Spouse's Allowance benefits of $576.66 to all low-income widows and widowers effective April 1, 1986 regardless of when their spouse died.

Canada Pension Plan

The Canada Pension Plan is a contributory pension plan. Persons having paid into the plan may be eligible for benefits. Application for Canada Pension should be made six months before the applicant's 65th birthday or two months before retirement.

The Canada Pension Plan pays six benefits to its contributors:

1. A monthly retirement benefit to those 65 years of age or over; the amount depends upon wages when employed.
2. A monthly disability pension to persons under 65.
3. Monthly benefits for children dependent on disabled persons (under 65).
4. A death benefit.
5. A monthly spouse's pension for widows and widowers whose spouses contributed to the plan.
6. A monthly pension for orphans.

Persons eligible for Old Age Security and a retirement pension may apply for both at the same time at any Income Security Programs office.

Further information on any of these programs may be obtained from the District Income Security Programs office.

The 1986 maximum benefit rates for the Canada Pension Plan are as listed below.

Retirement		486.11
Disability		455.64
Survivor's Pension	Under 65	273.35
	Over 65	291.67
Child's Benefit		91.06
Death Benefit		2,580.00

Veterans Affairs

Benefits from the Department of Veterans Affairs are available to war veterans, former members of the Peacetime Armed Forces and certain civilian groups. These benefits include disability pensions, assistance under the Veterans Land Administration and War Veterans Allowances, as well as coverage of hospital and medical expenses and assistance for eye glasses, dental care, etc. The Department also administers a VIP (Veterans Independence Program) for aging veterans who want to remain in their own homes. This program offers a variety of home-care and maintenance assistance, plus home nursing visitations, provision of special hospital equipment and wheelchairs, help for homemakers, meals on wheels, etc.

For information call, write or visit;

Department of Veterans Affairs
P.O. Box 8063
6080 Young Street
Halifax, Nova Scotia
B3K 5L8
Telephone: 426-7931 or 426-7714

Retirement Income Programs Provided by the Provincial Department of Social Services

The Nova Scotia Provincial Government supplements federal Old Age Security payments for people having financial difficulties due to exceptionally high rental costs, or municipal taxes, and (during the past decade) excessive energy costs. To meet these needs, the Province has developed three special programs: Special Social Assistance, Property Tax Rebate, and Rental Assistance. A description of these programs follows. In addition, the Provincial Family Benefits Program may be of assistance to seniors. Workers' Compensation is a provincial program available to all workers who qualify regardless of age.

Special Social Assistance

A special allowance is paid to all persons who reside in the Province of Nova Scotia and who receive the Guaranteed Income Supplement. The allowance is paid once a year.

The amount of the allowance is related to the amount of the Guaranteed Income Supplement received by the senior citizen. The 1981 level of payments was indexed and the four levels of payment in 1982 were $219.00, $197.00, $146.00 and $109.00 per annum. These payments remained the same in 1984.

Property Tax Rebates

A Property Tax Rebate program was implemented in September 1980 whereby senior citizen homeowners who are in receipt of the Guranteed Income Supplement or Spouse's Allowance are entitled to a fifty percent rebate of their residential property taxes.

The eligibility criteria are as follows:

a) The senior must be a recipient of the Guaranteed Income Supplement or Spouse's Allowance.

b) The senior must own the property in which he or she resides.

c) The property must be in Nova Scotia.

d) The taxes must have been paid for the rebate year.

e) An application form must be completed, signed by the senior and returned to the Department together with the tax bill and receipt for taxes paid for the rebate year.

Rental Assistance

Singles and couples who are in receipt of the Guaranteed Income Supplement or Spouse's Allowance and single persons whose income does not exceed $9,800 per year are eligible for a rental subsidy. The maximum rent on which the supplement is paid is $245 for singles and $320 for couples. The minimum payment is $15 per month.

The amount of the rental assistance ranges from 50% to 75% of the rent in excess of 30% of the senior citizen's income. The percentage varies depending on the amount of the income.

The maximum assistance for a single person is $95.00 per month payable where the gross income is $395 and the rent is $245 or more.

The tables on the following pages show the amount of the rental assistance for both single persons and couples. The income levels are shown on the left hand side and the monthly rent at the top of the table. The subsidy is determined at the point where the income and rental lines meet.

Information regarding the above programs may be obtained by contacting the following:

Supervisor of Senior Citizens' Financial Aid Programs
Suite 321, Roy Building
1657 Barrington Street
Halifax, Nova Scotia B3J 2Z1
Telephone: 424-4500

N.S. Rental Assistance Program for Senior Citizens

For a Single Person

Income per Month	Monthly Rent $120	$130	$140	$150	$160	$170	$180	$190	$200	$210	$220	$230	$240	$245 & over
395.00	15.00	15.00	16.00	24.00	31.00	39.00	46.00	54.00	61.00	69.00	76.00	84.00	91.00	95.00
410.00	0	15.00	15.00	20.00	28.00	35.00	43.00	50.00	58.00	65.00	73.00	80.00	88.00	92.00
425.00	0	15.00	15.00	16.00	23.00	30.00	37.00	44.00	51.00	58.00	65.00	72.00	79.00	82.00
440.00	0	15.00	15.00	15.00	20.00	27.00	34.00	41.00	48.00	55.00	62.00	69.00	76.00	79.00
455.00	0	0	15.00	15.00	16.00	23.00	30.00	37.00	44.00	51.00	58.00	65.00	72.00	76.00
470.00	0	0	15.00	15.00	15.00	20.00	27.00	34.00	41.00	48.00	55.00	62.00	69.00	73.00
485.00	0	0	0	15.00	15.00	17.00	24.00	31.00	38.00	45.00	52.00	59.00	66.00	70.00
500.00	0	0	0	0	15.00	15.00	20.00	26.00	33.00	39.00	46.00	52.00	59.00	62.00
515.00	0	0	0	0	15.00	15.00	17.00	24.00	30.00	36.00	43.00	49.00	56.00	59.00
530.00	0	0	0	0	15.00	15.00	15.00	20.00	27.00	33.00	40.00	46.00	53.00	56.00
545.00	0	0	0	0	0	15.00	15.00	17.00	24.00	30.00	37.00	43.00	50.00	53.00
560.00	0	0	0	0	0	15.00	15.00	15.00	21.00	27.00	34.00	40.00	47.00	50.00
575.00	0	0	0	0	0	0	15.00	15.00	18.00	24.00	31.00	37.00	44.00	47.00
590.00	0	0	0	0	0	0	15.00	15.00	15.00	21.00	28.00	34.00	41.00	44.00
605.00	0	0	0	0	0	0	0	15.00	15.00	19.00	25.00	32.00	38.00	41.00
620.00	0	0	0	0	0	0	0	15.00	15.00	16.00	22.00	29.00	35.00	38.00
635.00	0	0	0	0	0	0	0	0	15.00	15.00	18.00	24.00	30.00	33.00
650.00	0	0	0	0	0	0	0	0	15.00	15.00	15.00	21.00	27.00	30.00
665.00	0	0	0	0	0	0	0	0	15.00	15.00	15.00	18.00	24.00	27.00
680.00	0	0	0	0	0	0	0	0	0	15.00	15.00	16.00	22.00	25.00
695.00	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00	19.00	22.00
710.00	0	0	0	0	0	0	0	0	0	0	15.00	15.00	16.00	19.00
725.00	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00	17.00
740.00	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00
755.00	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00	15.00
770.00	0	0	0	0	0	0	0	0	0	0	0	0	15.00	15.00

These tables are designed to give you an idea of amounts that may be payable under the Rental Assistance Program for different rent and income levels.

To find out how much you may be eligible to receive look down the left hand side until you find the row for your approximate income level. Then move along the row from left to right until you find the column for your approximate rent level. That figure will be the monthly allowance payable to you under this program.

For example, a single senior citizen with a monthly income of $470.00 and rent of $180.00 would receive approximately $27.00 per month.

N.S. Rental Assistance Program for Senior Citizens

Couples

Income Per Month	Monthly Rent							
	$250	$260	$270	$280	$290	$300	$310	$320
500.00	65.00	72.00	78.00	85.00	91.00	98.00	104.00	111.00
515.00	62.00	69.00	75.00	82.00	88.00	95.00	101.00	108.00
530.00	59.00	66.00	72.00	79.00	85.00	92.00	98.00	105.00
545.00	56.00	63.00	69.00	76.00	82.00	89.00	95.00	102.00
560.00	53.00	60.00	66.00	73.00	79.00	86.00	92.00	99.00
575.00	50.00	57.00	63.00	70.00	76.00	83.00	89.00	96.00
590.00	47.00	54.00	60.00	67.00	73.00	80.00	86.00	93.00
605.00	45.00	51.00	58.00	64.00	71.00	77.00	84.00	90.00
620.00	42.00	48.00	55.00	61.00	68.00	74.00	81.00	87.00
635.00	36.00	42.00	48.00	54.00	60.00	66.00	72.00	78.00
650.00	33.00	39.00	45.00	51.00	57.00	63.00	69.00	75.00
665.00	30.00	36.00	42.00	48.00	54.00	60.00	66.00	72.00
680.00	28.00	34.00	40.00	46.00	52.00	58.00	64.00	70.00
695.00	25.00	31.00	37.00	43.00	49.00	53.00	61.00	67.00
710.00	22.00	28.00	34.00	40.00	46.00	52.00	58.00	64.00
725.00	20.00	26.00	32.00	38.00	44.00	50.00	56.00	62.00
740.00	15.00	21.00	26.00	32.00	37.00	43.00	48.00	54.00
755.00	15.00	18.00	24.00	29.00	35.00	40.00	46.00	51.00
770.00	15.00	16.00	21.00	27.00	32.00	38.00	43.00	49.00
785.00	15.00	15.00	19.00	24.00	30.00	35.00	41.00	46.00
800.00	15.00	15.00	17.00	22.00	28.00	33.00	39.00	44.00
815.00	15.00	15.00	15.00	20.00	25.00	31.00	36.00	42.00
830.00	15.00	15.00	15.00	17.00	23.00	28.00	34.00	39.00
845.00	0	15.00	15.00	15.00	20.00	26.00	31.00	37.00
860.00	0	15.00	15.00	15.00	16.00	21.00	26.00	31.00
875.00	0	0	15.00	15.00	15.00	19.00	24.00	29.00
890.00	0	0	15.00	15.00	15.00	17.00	22.00	27.00
905.00	0	0	0	15.00	15.00	15.00	19.00	24.00
920.00	0	0	0	15.00	15.00	15.00	17.00	22.00
935.00	0	0	0	0	15.00	15.00	15.00	20.00
950.00	0	0	0	0	15.00	15.00	15.00	18.00
965.00	0	0	0	0	15.00	15.00	15.00	15.00
980.00	0	0	0	0	0	15.00	15.00	15.00
995.00	0	0	0	0	0	15.00	15.00	15.00
1,010.00	0	0	0	0	0	0	15.00	15.00
1,025.00	0	0	0	0	0	0	15.00	15.00
1,040.00	0	0	0	0	0	0	0	15.00
1,055.00	0	0	0	0	0	0	0	15.00

Family Benefits

Disabled persons under 65 years of age, disabled fathers with a dependent child, single women 60-65 years of age who are unemployable and single mothers with a dependent child may apply for benefits under the Family Benefits program if they are in financial need. Persons who are over 65 years of age and do not receive Old Age Security payments may also apply for Family Benefits.

Foster Parents Program

Persons who are caring for children may be paid $95.00 per month for the first child and $85.00 per month for each additional child provided that the mother or father is not supporting them and the total income is not over $13,000 plus $500 for each child receiving care.

For further information about this program, contact the Regional or District Offices of the Department of Social Services nearest you, as listed beginning on page 22 of this booklet.

Workers' Compensation Board

The Workers' Compensation Board is a corporate body established by statute to administer and develop all aspects of compensation for workers. Employees working in an industry covered by the Act, either legislatively or voluntarily, are compensated for personal injury caused by an accident arising out of and in the course of employment if he/she is totally disabled for a period of at least three days.

Compensation is paid at the rate of 75% of the claimant's average yearly earnings and for the duration of disability, up to the current maximum. For a claimant who is permanently disabled, either totally or partially, compensation is payable monthly for life, calculated on the same basis as above. Dependent children of 100% disabled workers are eligible for monthly payments until the end of the school year in which age 18 is attained. This allowance may continue for educational pursuits to the age of 21 or up to the end of the school term. Where the impairment is not more than 10%, payment may be made in a lump sum.

If further information is required, write for the pamphlet *Claims Information for Employees and Employers* to:

Workers' Compensation Board
P.O. Box 1150
5668 South Street
Halifax, Nova Scotia
B3J 2Y2
Tel: 425-8440

Medical Arts Building
336 King's Road
Sydney, Nova Scotia
B1S 1A9
Tel: 564-6426

Retirement Income Programs Provided by Municipal Governments

Municipal Social Assistance Supplementation is related primarily to such needs as drugs, housing and transportation.

Municipal Social Assistance

Municipal assistance may be paid to supplement federal and provincial benefits where individual need is such that the federal and/or provincial benefits are inadequate. The decision to grant municipal social assistance rests with the individual municipal unit; there are 66 such units in Nova Scotia. In addition, the Cape Breton Joint Expenditure Board is responsible for the decisions relating to Homes for Special Care and the maintenance of patients therein. Each municipal unit pays social assistance on the basis of policies established by the local council. The costs of municipal assistance are shared by the federal, provincial, and municipal levels of government. Municipal policies regarding supplementation vary greatly from one municipal unit to another and the policies followed in each municipal unit are the responsibility of the local town, city, or municipal council.

Municipal Social Services Departments also provide services to seniors in respect to a wide variety of other needs. The extent of the services provided is a matter of local policy determined by the town, city, or municipal council. Some Municipal Social Services offices help seniors find suitable housing, provide counselling services, and help with transportation and similar needs. The City of Dartmouth, for example, provides a Senior Citizens' Service Centre staffed by two professionals whose work is entirely devoted to improving the quality of life for seniors in the city. The City of Halifax also provides extensive services to seniors.

Municipal Social Services Workers and Offices

*Municipal units which do not have an office or a full-time Social Services Worker.

Cities	Name and Title	Address
Dartmouth	William McNeil, M.S.W. Director, Social Services	P.O. Box 817 City Hall, Dartmouth Nova Scotia B2Y 3Z3
Halifax	Harold Crowell, R.S.W. Director, Social Planning	City of Halifax City Hall, P.O. Box 1749 Halifax, Nova Scotia B3J 3A5
	Terry Stewart Social Assistance Administrator	
Sydney	James MacCormack, M.S.W. Director, Social Services	P.O. Box 730 Sydney, Nova Scotia B1P 6H7
Towns		
Amherst	Ms. Beverly MacQuarrie Director, Social Services	P.O. Box 471 Amherst Nova Scotia B4H 4A1
Annapolis Royal	Brian Taylor Director, Social Services	P.O. Box 100 Municipal Building Annapolis Royal Nova Scotia B0S 1A0
Antigonish	Mr. L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2L7
Bedford	Mr. Ed Mason Director, Social Services	P.O. Box 300 Armdale, Nova Scotia B3L 4K3
Berwick	Henry Bourgeois Director, Social Services	P.O. Box 100 Kentville Nova Scotia B4N 3W3
Bridgetown*	William F. Hamilton Clerk-Treasurer	P.O. Box 309 Bridgetown Nova Scotia B0X 1C0
Bridgewater	Michael Johnston District Supervisor ATTN: Robert Deveau	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Canso	Vacant District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
Clark's Harbour	Raymond Harris District Supervisor ATTN: Barb Acker	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0

Digby	Greg Wiseman District Supervisor ATTN: Carl Deveau	Digby District Office P.O. Box 399 Digby, Nova Scotia B0V 1A0
Dominion	Gregory MacKenzie Social Services Worker	Dominion Nova Scotia B0A 1E0
Glace Bay	Robert McLennan Director, Social Services	Town Hall 5 MacKeen Street Glace Bay, Nova Scotia B1A 5B9
Hantsport	Lubin Bourque District Supervisor	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0
Kentville	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville Nova Scotia B4N 3W3
Liverpool	Donald Burns District Supervisor	Queens District Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0
Lockeport	Raymond Harris District Supervisor	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Louisbourg*	Elaine MacPherson Clerk-Treasurer	P.O. Box 88, Louisbourg Nova Scotia B0A 1M0
Lunenburg	Michael Johnston District Supervisor ATTN: Lewis Hooper	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Mahone Bay	Michael Johnston District Supervisor ATTN: Jim Kenny	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Middleton	Brian Taylor Director, Social Services	Municipal Administration Bldg. P.O. Box 100, Annapolis Royal Nova Scotia B0X 1P0
Mulgrave	Harold Roberts District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
New Glasgow	Cyril Reddy Regional Administrator ATTN: Harry Aiken	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
New Waterford	Bernie White Director, Social Services	3371 Plummer Ave. New Waterford Nova Scotia B1H 1Y8
North Sydney	Donald MacKenzie Social Services Worker	P.O. Box 369 262 Commercial St. North Sydney Nova Scotia B2A 3M4
Oxford*	Harris M. McCormack Clerk-Treasurer	P.O. Box 338 Oxford, Nova Scotia B0M 1P0

Parrsboro*	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5
Pictou	Cyril Reddy Regional Administrator ATTN: Reginald Foote	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Port Hawkesbury	Gordon MacMaster District Supervisor ATTN: Bruce Milsom	P.O. Box 359 Port Hawkesbury Nova Scotia B0E 2V0
Shelburne	Raymond Harris District Supervisor ATTN: Barb Acker	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Springhill	Bev MacLeod Director, Social Services	P.O. Box 2549 Springhill Nova Scotia B0M 1X0
Stellarton	Cyril Reddy Regional Administrator ATTN: Roy Prest	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Stewiacke*	Harvey MacArthur, M.S.W. Executive Director	P.O. Box 950 Truro, Nova Scotia B2N 5G7
Sydney Mines	John Healey Social Services Worker	Main Street Sydney Mines Nova Scotia B1V 1C2
Trenton	Cyril Reddy Regional Administrator ATTN: Roy Prest	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Truro	Harvey MacArthur, M.S.W. Executive Director ATTN: Emily Lane Carolyn MacDonald	P.O. Box 950 Truro, Nova Scotia B2N 5G7
Westville	Vacant Regional Administrator ATTN: Reginald Foote	North Shore Regional Office P.O. Box 488, New Glasgow Nova Scotia B2H 5E5
Windsor	Lubin Bourque District Supervisor ATTN: Angus Riley	P.O. Box 2350 Windsor Nova Scotia B0N 2T0
Wolfville	Vacant District Supervisor	P.O. Box 2350 Windsor Nova Scotia B0N 2T0
Yarmouth	Douglas Raymond, R.S.W. Regional Administrator ATTN: Victor Amirault	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4

Municipalities

Annapolis County	Brian Taylor Director, Social Services	Municipal Administration Bldg. P.O. Box 100, Annapolis Royal Nova Scotia B0S 1A0
Antigonish County	L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2L7
Argyle	Douglas Raymond Regional Administrator ATTN: Sampson Cummings	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4
Barrington	Raymond Harris District Supervisor ATTN: Barb Acker	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
Cape Breton County	Hugh MacDonald Director, Social Services	77 King's Road, Sydney Nova Scotia B1S 1A2
Cape Breton Joint Expenditure Board	John Woodford Supervisor of Placement	Community Residence Program 292 Charlotte Street Sydney, Nova Scotia B1P 1C7
Chester	Michael Johnston District Supervisor ATTN: Lewis Hooper Jim Kenny	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Clare	Greg Wiseman District Supervisor ATTN: Carl Deveau	Digby District Office P.O. Box 399, Digby Nova Scotia B0V 1A0
Colchester County	Michael Roma Director, Social Services	Court House P.O. Box 697 Truro, Nova Scotia B2N 5E7
Cumberland County	Rosemary Currie Director, Social Services	P.O. Box 399 24 Crescent Avenue Amherst, Nova Scotia B4H 3Z5
Digby County	Greg Wiseman District Supervisor	Digby District Office P.O. Box 399 Digby, Nova Scotia B0V 1A0
Guysborough	Harold Roberts District Supervisor ATTN: Blair Pellerin	P.O. Box 90 Chedabucto Mall, Guysborough Nova Scotia B0H 1N0
Halifax County	Edward C. Mason, M.S.W. Director, Social Services	P.O. Box 300 Halifax, Nova Scotia B3L 4K3
Hants County (Hants East & Hants West)	Lubin Bourque District Supervisor ATTN: Angus Riley	P.O. Box 2350 Windsor, Nova Scotia B0N 2T0
Inverness County	James F. Gillis Director, Social Services	Municipal Bldg., Port Hood Nova Scotia B0E 2W0
Kings County	Henry Bourgeois, M.S.W. Director, Social Services	P.O. Box 100 Kentville, Nova Scotia B4N 3W3

Lunenburg County	Malcolm Burrill, M.S.W. District Supervisor ATTN: Robert Deveau Jim Kenny	Lunenburg District Office P.O. Box 170, Bridgewater Nova Scotia B4V 2W8
Pictou County	Michael J. MacIsaac Social Services Worker	P.O. Box 488 New Glasgow Nova Scotia B2H 5E5
Queens County	Donald Burns District Supervisor ATTN: Social Services Worker	Queens District Office P.O. Box 1360, Liverpool Nova Scotia B0T 1K0
Richmond County	Norman Bartholomew Director, Social Services	P.O. Box 93, St. Peters Nova Scotia B0E 3B0
Shelburne County	Raymond Harris District Supervisor ATTN: Barb Acker	Shelburne District Office P.O. Box 9, Barrington Nova Scotia B0W 1E0
St. Mary's	L.A. Mills District Supervisor ATTN: Peter MacKenzie George MacDonald	Antigonish District Office P.O. Box 1450, Antigonish Nova Scotia B2G 2M5
Victoria County	Mrs. Marion MacDonald Director, Social Services	P.O. Box 29, Baddeck Nova Scotia B0E 1B0
Yarmouth County	Douglas Raymond Regional Administrator ATTN: Sampson Cummings	Western Regional Office P.O. Box 460, Yarmouth Nova Scotia B5A 4B4

Social Services — Provincial

Adult Protection Legislation

Bill 61 — Adult Protection Legislation enacted during the 1985 Spring Session of the House of Assembly — was proclaimed on January 6, 1986.

The Act provides a means whereby all persons in Nova Scotia, 16 years of age and over, who lack the physical or mental ability to adequately care and fend for themselves can be protected from abuse and neglect.

The Act states that anyone who has information — even if it is confidential or privileged — regarding a person 16 years of age or older being abused or neglected and who is physically or mentally incapable of protecting himself *must by law report that information to the appropriate authorities.* No action shall be taken against a person who gives this information unless the giving of the information is done maliciously or without reasonable and probable cause.

Suspected neglect or abuse may be reported to:

Mr. Douglas Penney
Coordinator of Adult Protection
Department of Social Services
P.O. Box 696
Halifax, Nova Scotia
B3J 2T7
Telephone: 424-7615

Or to the following persons throughout the Province:

Sydney:
Mr. F.A. (Sandy) Bowes
Regional Administrator
Cape Breton Regional Office
Department of Social Services
Suite 7, Provincial Building
360 Prince Street
Sydney, Nova Scotia
B1P 5L1
Telephone: 562-5507
or
Designated Workers
Beverley LeBlanc
Stewart Matheson (APW)
Assistant Regional Administrator
Cape Breton Regional Office
Department of Social Services
Suite 7, Provincial Building
360 Prince Street
Sydney, Nova Scotia
B1P 5L1
Telephone: 562-5507

Port Hawkesbury:
Mr. Gordon MacMaster
District Supervisor
Stewart Matheson (APW)
Richmond, Inverness
Cape Breton, Victoria
Counties
Port Hawkesbury District Office
Department of Social Services
P.O. Box 359
Provincial Building
MacSween Street
Port Hawkesbury, Nova Scotia
B0E 2V0
Telephone: 625-0660

Antigonish:
Mr. L.A. Mills
District Supervisor
Antigonish District Office
Department of Social Services
P.O. Box 1450
Provincial Building
James Street
Antigonish, Nova Scotia
B2G 2L7
Telephone: 863-3213
Designated Worker
Address as above
Agnes Kennedy

Guysborough:
Mr. Blair Pellerine
Guysborough District Office
Department of Social Services
P.O. Box 90
Chedabucto Mall
Guysborough, Nova Scotia
B0H 1N0
Telephone: 533-4007

New Glasgow:
Mr. Cyril Reddy
Regional Administrator
North Shore Regional Office
Department of Social Services
P.O. Box 488
Campbell's Lane
New Glasgow, Nova Scotia
B2H 5E5
Telephone: 755-5950
Designated Workers:
James Hannen
Ross Sewell
Roy Prest
Doug Burgess

Kentville, Windsor:
Lubin Bourque
District Supervisor
Daphne Bishop (APW)
Barry Costello
Regional Administrator
Vernon Totten
Casework Supervisor
Designated workers:
Angus Riley
James Ferris
Margaret Lalonde
Central Regional Office,
P.O. Box 188
F.W. Robinson Building
374 Main Street,
Kentville, N.S.
B3N 3W7
Telephone 678-6176

Truro:
Mr. Harvey MacArthur
District Supervisor
Colchester District Office
Department of Social Services
P.O. Box 950
58 Willow Street
Truro, Nova Scotia
B2N 5G7
Telephone: 895-6337
Designated Worker
Address as above
Joseph Stephens

Amherst:
Mr. Donald Russell
District Supervisor
Cumberland District Office
Department of Social Services
P.O. Box 399
24 Crescent Avenue
Amherst, Nova Scotia
B4H 3Z5
Telephone: 667-3336
Designated Workers
Address as above
Mrs. Sandra Mackey
Archie St. Peter

Halifax:
Doug Penney (Co-ordinator)
Ms. Joan MacKinnon
Regional Administrator
Halifax Regional Office
Department of Social Services
P.O. Box 8715
Suite 320, Metro One
6061 Young Street
Halifax, Nova Scotia
B3K 5M4
Telephone: 424-4170
Designated Workers
Earl Malloy
Robert Watson
Dave Russell

Liverpool:
Mr. Donald Burns
District Supervisor
Queens District Office
Department of Social Services
P.O. Box 1360
43 Carten Street
Liverpool, Nova Scotia
B0T 1K0
Telephone: 354-3422
or:
Daphne Bishop (APW)

Yarmouth:
Mr. Douglas Raymond
Regional Administrator
Western Regional Office
Department of Social Services
P.O. Box 460
10 Starrs Road
Yarmouth, Nova Scotia
B5A 4B4
Telephone: 742-7871
or
Mr. Michael Kendrick
Assistant Regional Administrator
Western Regional Office
Department of Social Services
P.O. Box 460
10 Starrs Road
Yarmouth, Nova Scotia
B5A 4B4
Telephone: 742-7871
or
Daphne Bishop (APW)
Designated workers:
Sampson Cummings
Conrad LeBlanc

Bridgewater:
Michael Johnston
Regional Administrator
Lunenburg District Office
Department of Social Services
P.O. Box 170
Provincial Building
99 High Street
Bridgewater, Nova Scotia
B4V 2W8
Telephone: 543-2411
or
Daphne Bishop (APW)
Designated worker:
Ron Thompson

Barrington:
Mr. Raymond Harris
District Supervisor
Shelburne District Office
Department of Social Services
P.O. Box 9
Administrative Centre
Barrington, Nova Scotia
B0W 1E0
Telephone: 637-2335
or
Daphne Bishop (APW)
Designated workers:
Don Archer
Mrs. Barbara Acker

Digby:
Mr. Greg Wiseman
District Supervisor
Digby District Office
Department of Social Services
P.O. Box 399
Warwick Street
Digby, Nova Scotia
B0V 1A0
Telephone: 245-2581
or
Daphne Bishop (APW)
Designated worker:
Address as above
William Amirault

Annapolis Royal:
Mr. Donald Lefurgey
District Supervisor
Annapolis District Office
Department of Social Services
P.O. Box 39
Municipal Building
St. George Street
Annapolis Royal, Nova Scotia
B0S 1A0
Telephone: 532-2337
Designated workers address as above
Daphne Bishop (APW)
Les Durling
David Eaton

In cases of extreme emergency all offices have a weekend duty system, and a worker can be reached by dialing the office number for an answering service or by calling the local RCMP or police.

Homes for Special Care — Admissions

Homes for Special Care include Homes for the Aged, licensed Nursing Homes and Residential Care Facilities. Ownership may be vested in individuals, municipal corporations, private profit and/or non-profit corporations.

Seniors who are seeking admission to privately operated homes and who have sufficient funds to cover their care costs for at least 18 months may apply directly to the Home of their choice.

Seniors who are seeking admission to any of the above facilities and who will require financial assistance for their care costs must apply to the Social Services Worker in the Municipality where they have lived for the past 12 consecutive months. The worker will

do an assessment of the senior's need for placement and his/her ability to pay.

If the Worker is satisfied that placement in a Home is required, an application, including a medical, will be completed and sent to the Provincial Department of Social Services in Halifax, which is responsible for determining the level of care required.

When the Province has determined the level of care the senior requires, the Municipal Social Services Worker may proceed to make arrangements for placing the senior in a Home that provides this level of care.

Any decision of the Municipality or the Province concerning a senior's request for placement or financial assistance is subject to appeal. Such appeals are to be directed to the Coordinator of Appeals, Department of Social Services, P.O. Box 696, Halifax, Nova Scotia, B3J 2T7.

For further information on Homes for Special Care contact:

Mr. Peter Barteaux
Director of Municipal Social Services
Department of Social Services
P.O. Box 696
Halifax, Nova Scotia
B3J 2T7
Telephone: 424-4277.

The Regional and District Offices of the Provincial Department of Social Services and their locations follow. They may also be helpful.

Regional and District Offices

Western Regional Office — Douglas Raymond, Regional Administrator
Department of Social Services
P.O. Box 460
10 Starrs Road
Yarmouth
Nova Scotia B5A 4B4
Telephone: 742-7871

Cape Breton Regional Office — F.A. (Sandy) Bowes, Regional Administrator
Department of Social Services
Suite 7, Provincial Bldg.
360 Prince Street
Sydney, N.S.
B1P 5L1
Telephone: 562-5507

Halifax Regional Office — Joan MacKinnon, Regional Administrator
Department of Social Services
Metro One
6061 Young St.,
Suite 320
P.O. Box 8715
Halifax, N.S.
B3K 5M4
Telephone: 424-4170

Central Regional Office — Barry Costello, Regional Administrator
Department of Social Services
P.O. Box 188
F.W. Robinson Building
374 Main Street
Kentville, N.S.
B4N 3W7
Telephone: 678-6176

North Shore Regional Office — Cyril Reddy, Regional Administrator
Department of Social Services
P.O. Box 488
Campbell's Lane
New Glasgow, N.S.
B2H 5E5
Telephone: 755-5950

Colchester District Office — Harvey MacArthur, District Supervisor
Department of Social Services
P.O. Box 950
58 Willow Street
Truro, Nova Scotia
B2N 5G7
Telephone: 895-6336

Antigonish District Office — L.A. Mills, District Supervisor
Department of Social Services
P.O. Box 1450
Provincial Building
James Street
Antigonish, N.S.
B2G 2L7
Telephone: 863-3213

Guysborough District Office — Blair Pellerin, District Supervisor
Department of Social Services
P.O. Box 90
Chedabucto Mall
Guysborough, N.S.
B0H 1N0
Telephone: 533-4007

Port Hawkesbury District Office
Department of Social Services
P.O. Box 359
Provincial Building
MacSween Street
Port Hawkesbury, N.S.
B0E 2V0
Telephone: 625-0660

Gordon MacMaster
District Supervisor

New Waterford Sub-Office
Department of Social Services
793 Mahon Street
P.O. Box 224
New Waterford, N.S.
B1H 1Y8
Telephone: 862-6289

Bernard White
Casework Supervisor

Queens District Office
Department of Social Services
P.O. Box 1360
43 Carten Street
Liverpool, N.S.
B0T 1K0
Telephone: 354-3422

Donald Burns
District Supervisor

Digby District Office
Department of Social Services
P.O. Box 399
Warwick Street
Digby, Nova Scotia
B0V 1A0
Telephone: 245-2581

Greg Wiseman
District Supervisor

Lunenburg District Office
Department of Social Services
P.O. Box 170
Provincial Building
99 High Street
Bridgewater, N.S.
B4V 2W8
Telephone: 543-2411

Michael Johnston
District Supervisor

Annapolis District Office
Department of Social Services
P.O. Box 39
Municipal Building
St. George Street
Annapolis Royal
Nova Scotia
B0S 1A0
Telephone: 532-2337

Donald Lefurgey
District Supervisor

Cumberland District Office
Department of Social Services
P.O. Box 399
24 Crescent Avenue
Amherst, Nova Scotia
B4H 3Z5
Telephone: 667-3336

Donald Russell
District Supervisor

Shelburne District Office
Department of Social Services
P.O. Box 9
Administrative Centre
Barrington, N.S.
B0W 1E0
Telephone: 637-2335

Raymond Harris
District Supervisor

Hants District Office
Department of Social Services
P.O. Box 2350
1469 King Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-8319

Vacant
District Supervisor

Dartmouth District Office
Department of Social Services
Suite 205
Dartmouth Professional Centre
277 Pleasant Street
Dartmouth, N.S.
B2Y 3S2
Telephone: 424-4158

Duncan Rosnok
District Supervisor

Sackville District Office
Department of Social Services
Cobequid Multi-Service Centre
70 Memory Lane
Lower Sackville
Nova Scotia
B4C 2J3
Telephone: 865-5750

Graeme Fraser
District Supervisor

Home Life Supports Program

Seniors can look forward to both increased and enriched services in their homes as a result of the implementation of the new Home Life Supports Program, announced by the Premier on April 3, 1984.

The Home Life Supports Program, under the coordination and administration of the Department of Social Services, seeks to increase the traditional services available through the homemakers program and to broaden this program to include such services as:

- Home Handy-person
- Snow Shovelling
- Meals on Wheels
- Wheels to Meals
- Adult Day Care
- Respite Care
- Attendant Care
- Information and Referral Services

Anyone interested in obtaining any of the above services may inquire at their local Homemakers Services Agency (listed in this publication) or write to the Director of Homemakers Services, Box 696, Halifax, Nova Scotia, B3J 2T7.

Monies are also being made available to non-profit community organizations to develop volunteer services for seniors that are unique regionally or not addressed under other formal programs. A maximum sum of $15,000.00 per annum per project will be provided for a period of three years. Direct inquiries to be made to the office of the Director of Homemakers Services.

As well, the Province is implementing under the Home Life Supports umbrella a program of in-home support services. This program essentially deals with the provision of financial assistance of up to $400.00 per month for family members who are caring for a senior family member (parent, aunt, uncle, sibling). Direct inquiries to the local Municipal Services Office or the Director of Municipal Services, Box 696, Halifax, Nova Scotia, B3J 2T7.

To date the response to the Home Life Supports Program has been significant and expansion of services offered by many of the established homemaker agencies has been approved.

The program seeks to increase the homemakers staff in the Province from 151 (March 31, 1984) to 330. It is anticipated a total of 6500 people will benefit from services under the Home Life Supports program; 85 per cent of the people benefiting will be in the senior age range.

Homemaker Services

A broad network of Homemaker Services has been established in Nova Scotia. These services enable senior citizens to continue living in their own homes and communities thus preventing institutionalization.
The following is a list of agencies set up to provide services which include meal preparation, light housekeeping, shopping and banking assistance, and limited personal care.

Halifax Region

C.A.S. of Halifax — C.A.S.
5236 South Street
Halifax, N.S. B3J 1A4
Telephone: 425-5420
Contact: Marilyn Peers

Halifax Community Care — Municipal
2nd Floor
2156 Brunswick Street
Halifax, N.S. B3K 2Y8
Telephone: 421-6402
Contact: Bertilla Sampson

Dartmouth

Homemakers Association — Private
Community Contact
50 Alderney Drive
P.O. Box 62
Dartmouth, N.S. B2Y 3Y2
Telephone: 463-3021
Contact: Mrs. Josephine Ruth

Homemakers Bureau — Private
Suite 2
5555 Young Street
Halifax, N.S. B3K 1Z7
Telephone: 423-8323
Contact: Mrs. Carolin Beairsto

Red Cross Homemakers — Private
1940 Gottingen Street
P.O. Box 366
Halifax, N.S. B3J 2P8
Telephone: 423-9181
Contact: Mrs. Joan Redmond,
Director

Municipality of Halifax County Homemakers Services
Cole Harbour Place
1211 Cole Harbour Road
Dartmouth, N.S. B2V 1M9
Telephone: 435-7472
Contact: Ms. Debbie Harvey
Municipal

Dartmouth Senior Citizens' Service Centre
P.O. Box 1146
45 Ochterloney Street
Dartmouth, N.S. B2Y 4M7
Telephone: 465-5578
Contact: Connie Wenaus
Private

Family Service of Support Association
6450 Young Street
Halifax, N.S. B3L 2A3
Telephone: 453-5570
Contact: Marla Gotfried, Director
Private

Cape Breton Region

Sydney Homemakers Society
P.O. Box 730
Suite 4
456 Charlotte Street
Sydney, N.S. B1B 1E4
Telephone: 539-9100
Contact: Mrs. Colleen Chisholm
Private

Citizens Service League of Glace Bay
Town House
14R Commercial Street
Glace Bay, N.S. B1A 3C1
Telephone: 849-2449
Contact: Mrs. Elinor McArel, Executive Director
Private

Northside Visiting Homemakers
P.O. Box 76
Main Street
Sydney Mines, N.S. B1Y 2Y4
Telephone: 736-2701
Contact: Mr. Bernard Crane
Private

Town of Dominion
128 Commercial Street
Dominion, N.S. B0A 1E0
Telephone: 849-6504
Contact: Mr. Greg MacKenzie
Municipal

Inverness County Homemakers
P.O. Box 179, Port Hood
Inverness County
Nova Scotia B0E 2W0
Telephone: 787-2275
Contact: Mrs. Betty Campbell
Municipal

Richmond County Homemakers
St. Peter's, Richmond County
Nova Scotia B0E 3B0
Telephone: 535-3000
Contact: Mrs. Aubrey Boudreau
Municipal

New Waterford Homemaker Services Society
P.O. Box 68
New Waterford, N.S. B1H 4K4
Telephone: 862-7554
Contact: Janet M. Wilcox
Private

North Shore Region

Antigonish & Area Homemaker Service
42 West Street
Antigonish, N.S. B2G 2H5
Telephone: 863-6477
Contact: Dee Dee MacIntyre
Private

Antigonish Homemakers
Antigonish District Office
Department of Social Services
P.O. Box 1450
Antigonish, N.S. B2G 2L7
Telephone: 863-3213
Contact: Mr. L.A. Mills
Municipal

St. Mary's Homemaker Services Association
P.O. Box 8
Sherbrooke, N.S. B0J 3C0
Telephone: 522-2861
Contact: Mrs. Barbara Croft
Municipal

Children's Aid & Family Services of Colchester County
P.O. Box 950
Truro, N.S. B2N 5G7
Telephone: 895-6336
Contact: Mr. H. MacArthur, Executive Director or Mary Jo MacFadden, Supervisor
C.A.S.

Children's Aid Society of Pictou County
P.O. Box 488
New Glasgow, N.S. B2H 5E5
Telephone: 755-5950
Contact: Executive Director Cyril Reddy
C.A.S.

Family & Children's Services of Cumberland County
P.O. Box 399
Amherst, N.S. B4H 3Z5
Telephone: 667-3336
Contact: Mr. Don Russell, District Supervisor or Mary Hawley, Supervisor
C.A.S.

Guysborough District Office — Municipal
Department of Social Services
P.O. Box 90
Guysborough, N.S. B0H 1N0
Telephone: 533-4007
Contact: Mary MacAskill
Harold Roberts
District Spervisor

Town of Mulgrave — Municipal
P.O. Box 129
Mulgrave, N.S. B0E 2G0
Telephone: 747-2243
Contact: Mary MacAskill
Harold Roberts
District Supervisor

Pictou County Visiting Homemakers — Private
610 East River Road
New Glasgow, N.S. B2H 3S2
Telephone: 752-0560
Contact: Mrs. Anne Cullen

Central Region

Family & Children's Services of Kings County — C.A.S.
P.O. Box 188
Kentville, N.S. B4N 3W7
Telephone: 678-6176
Contact: Mr. Barry Costello, Executive Director

Family & Children's Services of Lunenburg County — C.A.S.
P.O. Box 170
Bridgewater, N.S. B4V 2W8
Telephone: 543-2411
Contact: Michael Johnston District Supervisor or Mrs. Beatrice Larder, Supervisor

Queens County Homemakers — C.A.S.
P.O. Box 1360
Liverpool, N.S. B0T 1K0
Telephone: 354-3422
Contact: Mr. Don Burns, Executive Director
Mr. Bob McConnell Supervisor

Homemakers Services of Hants County — Municipal
(Municipalities of East and West Hants & Town of Windsor)
P.O. Box 2350
Windsor, N.S. B0N 2T0
Telephone: 798-4452
Contact: Sue Frenette, Supervisor

Kings County Homemaker Services — Municipal
Kings County Social Services
P.O. Box 100
Kentville, N.S. B4N 3W3
Telephone: 678-6141
Contact: Mr. Henry Bourgeois, Director

Western Region

Family & Children's Services of Annapolis County — C.A.S.
P.O. Box 39
Annapolis Royal, N.S. B0S 1A0
Telephone: 532-2337
Contact: Mr. Don Lefurgey, District Supervisor or Mrs. Ruth Smith, Co-ordinator 665-4582

Municipality of Barrington Homemaker Service — Municipal
Town of Shelburne
P.O. Box 9
Barrington, N.S. B0W 1E0
Telephone: 637-2335
Contact: Mr. Raymond Harris, District Supervisor or Gail Kenney, Supervisor

Municipalities of Town of Digby — Municipal
Digby County
District of Clare
Digby District Office
P.O. Box 399
Digby, N.S. B0V 1A0
Telephone: 245-2581
Contact: Mr. Greg Wiseman, District Supervisor

Municipalities of County of Yarmouth — Municipal
Town of Yarmouth
District of Argyle
Western Regional Office
Department of Social Services
P.O. Box 460
Yarmouth, N.S. B5A 4B4
Telephone: 742-7871
Contact: Mr. Sam Cummings

Meals on Wheels

In this program, meals are delivered by teams of volunteers from various centres in the Province. These centres are listed in a Meals on Wheels Directory. The Directory also lists the cost of the meal, the days on which meals are available and the Co-ordinator of a specific area.

Requests to a centre for meals may be made by an agency, a relative, a friend or in person.

The meals for this program are purchased from Homes for Special Care and/or hospitals. The programs are self-supporting in that actual food costs are covered by the fee charged the individual.

Any community group, private or public, may apply to establish a Meals on Wheels program by completing a Meals on Wheels proposal form available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. A Meals on Wheels Directory may also be obtained at that address.

Wheels to Meals

In this program individuals are transported by volunteers or public transport to a central location, i.e. a Home for Special Care.

A nutritious meal is served providing at least one-third to one-half of the recommended daily requirement, and the fee is governed by the actual cost of the meal.

Individuals volunteer their time, talent and social skills to the persons using the service.

Those desirous of the service may request it personally or be referred by a friend, relative or agency.

Facilities wishing to establish a Wheels to Meals service are encouraged to complete a proposal form for Wheels to Meals available from Ms. Fran Sutherland, P.O. Box 696, Halifax, Nova Scotia. Advice and an evaluation of the situation as well as a copy of the Directory are available at the same address.

Health Services — Provincial

Location of M.S.I. Offices

Nova Scotia's Health Insurance Plans are designed to provide all eligible residents with a broad range of coverage for medically required hospital, medical, dental, optometric and pharmaceutical services.

The cost of providing these services to Nova Scotians is met from the general revenues of the Province. There are no premiums.

Requests for further information about Nova Scotia Health Services Insurance should be directed to one of the Maritime Meical Care Incorporated offices or directly to the Health Services and Insurance Commission, Nova Scotia Department of Health. The addresses are as follows:

Medical Services Insurance
5675 Spring Garden Road
P.O. Box 500
Halifax, Nova Scotia
B3J 2S1
Telephone: 429-9700

M.S.I. Branch Offices are located at:

30 George Street
New Glasgow, N.S.
B2H 2P4

Telephone:
752-5233

Bank of Nova Scotia
Building
Corner of Charlotte &
Pit Streets
P.O. Box 72
Sydney, Nova Scotia
B1P 6G9
Telephone: 564-6398

Persons living outside a Branch Office area within Nova Scotia may use the Toll Free number 1-429-8880.

For further hospital information, contact:

Health Services and Insurance Commission
Joseph Howe Building
Corner of Prince and Hollis Streets
P.O. Box 488
Halifax, Nova Scotia
Telephone: 424-7733

M.S.I. Pharmacare

The Pharmacare plan is available to all residents of Nova Scotia who have been registered under the M.S.I. program and are 65 years of age and over.

Those wishing to apply and not registered for M.S.I. should complete a Registration for Health Services form which may be obtained by contacting any M.S.I. office.

Pharmacare covers those preparations which are normally prescribed by a doctor or dentist in the course of treatment and dispensed by a pharmacist.

All persons eligible for Pharmacare are provided with a personalized plastic "Pharmacard" which should be presented to the pharmacy along with the prescription.

If the pharmacy has agreed to be a participating pharmacy under the plan, a claim form will be completed listing the medication(s) and cost.

If the pharmacy is not a participating one, the client will be advised immediately by the pharmacy on presentation of the Pharmacard. The client will be required to pay for any prescriptions dispensed. The non-participating pharmacy will give the client a "Pay Patient" claim form properly completed and this completed form should be sent to M.S.I. M.S.I. will pay the client directly up to the allowance that would be paid a

participating pharmacy for dispensing the same prescription.

Provision has been made to ensure drugs are provided by a physican where there is no pharmacy within 15 miles of the physician's office.

Nova Scotia's Health Insurance Plans cover only people residing in the province. Individuals travelling within Canada or abroad are advised to obtain additional health care insurance coverage. The application forms for such coverage are available from most travel agencies.

Provision has also been made for Nursing Homes, Extended Care Facilities and similar institutions to be granted "authorized provider" status by M.S.I. for the dispensing of insured prescription services.

Community Health Nursing

Community Health Nurses provide health promotion, health education and nursing care to the elderly of the province of Nova Scotia as part of the general community health nursing services offered by the Department of Health.

Home visits are made to the elderly primarily to assist them to remain in their homes and to promote their health and mobility. The Community Health Nurses assess the clients' health status, determine if they are under medical supervision and following the doctor's orders, provide medication counselling as necessary and care.

The nursing staff provide nursing care in the home and carry out treatments ordered by the physician if required.

The Community Health Nurse does nutrition counselling with the elderly and helps them to adjust the preparation and storage of food from family to single portions.

There are several agencies in many of the communities in the province that offer services to the elderly. The nurse is able to refer (and also act as client service advocate) the client to the appropriate agencies for particular needs.

In some areas of the province well elderly clinics are held. At these clinics the Community Health Nurse assesses each elderly person who attends, and provides the appropriate counselling. If necessary, the nurse refers the person to the agency that is best able to help in solving the person's problem.

The nurse may plan to have other health professionals attend the well elderly clinics, such as the Community Health Nutritionist or Dental Hygienist to assist with special problems. Also health educational materials are provided at these clinics. If time permits films and slides on a health topic are shown.

Most of the senior citizens housing units are visited by the Community Health Nurse. The same services are offered to residents that are provided during home visits.

The Community Health Nurses may be contacted directly by the client, the family, the physician, staff of any agency or even a neighbour on the client's behalf. Many of the elderly clients on the nurse's caseload are found when visits are made to homes in the community for other reasons.

The services provided by the community health nursing staff are free of charge to the clients regardless of age. Therefore, the elderly receive service at no direct cost.

Further information regarding Community Health Nursing can be obtained by contacting one of the Health Units in the province.

Atlantic Health Unit
1600 Bedford Hwy.
Bedford, Nova Scotia
B4A 1E8
Telephone: 835-7181

Cape Breton Health Unit
Provincial Building
Sydney, Nova Scotia
B1P 5L1
Telephone: 564-4447

Fundy Health Unit
100 King Street
Windsor, Nova Scotia
B0N 2T0
Telephone: 798-2264

Lunenburg-Queens Health Unit
Provincial Building
99 High Street
Bridgewater,
Nova Scotia
B4V 1V8
Telephone: 543-4685

Cobequid Health Unit
P.O. Box 40
Truro, Nova Scotia
B2N 5B6
Telephone: 895-5321

Northumberland Health Unit
P.O. Box 310
Pictou, Nova Scotia
B0K 1H0
Telephone: 485-4388

Western Health Unit
P.O. Box 338
Yarmouth, Nova Scotia
B5A 4B3
Telephone: 742-7141

Mental Health Services

Outpatient mental health services are provided in most of the larger hospitals in the Province. Frequently, outpatient departments require a referral from the family doctor.

In addition, more specialized services in the form of Partial Hospitalization Programmes and Psychogeriatric Services for inpatients are available on referral.

For further information please contact:

Camp Hill Hospital
Psychiatric Services
1763 Robie Street
Halifax, Nova Scotia B3H 3G2
Telephone: 423-1371

Nova Scotia Hospital
P.O. Box
Dartmouth, Nova Scotia B2Y 3Z9
Telephone: 469-7500

Victoria General Hospital
Inpatient Psych Unit
1278 Tower Road
Halifax, Nova Scotia B3H 2Y9
Telephone: 428-2110

Halifax Infirmary
Inpatient Psych Unit
1335 Queen Street
Halifax, Nova Scotia B3J 2H6
Telephone: 428-2847

Aberdeen Hospital
Department of Psychiatric &
Mental Health Services
559 East River Road B2H 3R8
Telephone: 755-1137

Cape Breton Hospital
P.O. Box 515
Sydney, Nova Scotia B1P 6H4
Telephone: 539-3370

Colchester Hospital
Department of Psychiatric
Mental Health Services
Willow Street
Truro, Nova Scotia B2N 5A1
Telephone: 895-5323

Dawson Memorial Hospital
Mental Health Centre
150 Dufferin Street
Bridgewater, N.S. B4V 2H1
Telephone: 543-7191

Hants Community Hospital
Psych Mental Health Services
Box 520, Windsor
Nova Scotia B0N 2T0
Telephone: 798-8351

Highland View Regional Hospital
Cumberland Psych Mental Health Services
88 Charles Street
Amherst, Nova Scotia B4N 1N6
Telephone: 667-3879

St. Martha's Hospital
Division of Psychiatric Services
Box 1417
Antigonish, Nova Scotia B2G 2L7
Telephone: 863-4511

Valley Health Services Association
186 Park Street
Kentville, Nova Scotia B4N 1M7
Telephone: 678-7381

Yarmouth Regional Hospital
Psychiatric Mental Health Services
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-3541

Hearing Problems

Hearing loss is usually gradual, and a person may be unaware of such loss. Because of the stigma attached to hearing impairments, others may not want to admit they have a problem. This may affect their quality of life if they take lesser jobs to cover up the problem, or if they retire early.

A number of persons are available to assist in diagnosis and treatment, including public health nurses, family doctors, audiologists and ear/nose/throat specialists. The Department of Health offers hearing clinics throughout the Province on request or through Well Elderly Clinics, as well as providing information concerning hearing aids. The Department of Health offices are listed on page 29 and further information may be obtained there.

Nova Scotia Commission on Drug Dependency

The Nova Scotia Commission on Drug Dependency was established in 1972. Its mandate includes:

1. the delivery of comprehensive decentralized treatment and rehabilitation services for drug dependent people
2. prevention, education and community outreach programming in drug dependency
3. assistance to industry in setting up Employee Assistance Programs
4. evaluation and research activities

The Commission operates a network of treatment programs across the province. These include detoxification services, outpatient services, 28 day inpatient programs and long term sheltered workshop services. There is no fee charged for any of the services offered by the Nova Scotia Commission on Drug Dependency. Participation in any of the Commission's programs is of a voluntary nature. The Commission operates a Library in its Central Office and pamphlets and brochures on drug dependency are available upon request. One of particular interest for seniors is "Your Medicine And How To Use It Safely — A Guide for Senior Citizens".

For further information, please contact:

Central Office
Nova Scotia Commission on Drug Dependency
Suite 314, Lord Nelson Bldg.
5675 Spring Garden Road
Halifax, Nova Scotia B3J 1H1
Telephone: 424-4270

Regional Offices
Cape Breton Addiction Rehabilitation Centre
115 Alexandra Street
Sydney, Nova Scotia B1P 6H2
Telephone: 539-7800

Metro/Lunenburg Drug Dependency Program
P.O. Box 896, Pleasant Street
Dartmouth, Nova Scotia B2Y 3Z6
Telephone: 424-5623

North Shore Drug Dependency Program
P.O. Box 359, Denoon Street
Pictou, Nova Scotia B0K 1H0
Telephone: 485-4335

Western Regional Drug Dependency Program
50 Vancouver Street
Yarmouth, Nova Scotia B5A 2P5
Telephone: 742-2406

Valley Health Services Association
Alcoholism Program
Miller Hospital
Kentville, Nova Scotia B4N 1C4
Telephone: 678-3251

Camp Hill Hospital

Camp Hill Hospital provides special services to seniors and war veterans. These services are available through the Geriatric Assessment Unit, which, when required, provides in-hospital and post-hospital therapy and rehabilitation, and through the Geriatric Day Outpatient Clinic, for those whose treatments do not require hospitalization. When possible, transportation can be arranged through other agencies, and post-treatment visitations can be made during the rehabilitation period to determine the progress of the patient.

For more information contact:

Camp Hill Hospital
Halifax, Nova Scotia
Geriatric Assessment Unit
Telephone: 420-2493
Geriatric Day Outpatient Clinic
Telephone: 420-2300

Nova Scotia
Department of Housing

The Nova Scotia Department of Housing provides the following programs which seniors may find helpful.

Small Loans Assistance Program

The Nova Scotia Department of Housing is solely responsible for a small loans assistance program which provides low interest loans for repairs, alterations or additions to single family homes and for completion or partial completion of a single family home. Assistance may also be provided to home-owner/occupants of larger single family homes to convert a larger portion of the home into self-contained apartment units. The eligibility requirements for the client are:

a) The client must own and reside in the dwelling for which the application is made.

b) The client must have an adjusted family income of less than $17,000 per annum. (Gross family income less $1,000 for a working spouse and $500 for each dependent child.)

c) Applicants must have a good credit rating.

d) Total housing indebtedness must not exceed 27% of the gross family income. (Principal, interest and taxes for housing related loans.)

The dwelling must be:

a) The principal residence of the applicant, and

b) a single family unit. It may be detached, semi-detached, a mobile home or unit of row housing.

The total outstanding charges must not exceed 75 per cent of the property's appraised value.

Senior Citizens' Public Housing

The Nova Scotia Department of Housing with the cooperation of Canada Mortgage and Housing Corporation and that of relevant local housing authorities and other non-profit housing groups work together to provide affordable, comfortable living accommodations for senior citizens. The apartment units are generally self-contained bachelor or one-bedroom suites. Some units are designed for handicapped seniors.

The administration and management of these units rests with the local housing authority of which there are forty-five in Nova Scotia. The admission process is the responsibility of the local housing authority.

An applicant, in order to be eligible for admission, must be 58 years of age or older and must be physically and mentally capable of self-care in an apartment. There is a twelve month residence requirement during the three years immediately prior to the application or the resident must have resided in the relevant municipality for a period of at least 60 months of his/her adult life. There

is no income ceiling, but priority is given to applicants in the lower income group.

The rent of course is subsidized by both the federal and provincial governments with the result that the tenant pays 16.7% to 25% of gross income in rental. The capital costs are shared 75% by CMHC and 25% by the Nova Scotia Department of Housing. Operating losses are shared on the same formula, with the provincial share being divided between the province and the relevant municipality.

Some 6,312 units of senior citizens' housing have been constructed and are available in the province through the local Department of Housing.

Non-Profit Housing

The Nova Scotia Department of Housing, Canada Mortgage and Housing Corporation, public and non-profit housing groups and relevant municipalities work together to provide non-profit housing.

The purpose is to provide housing to low and moderate income groups, and to those persons requiring special care due to physical or mental infirmities.

The eligibility requirements are:

a) Public non-profit groups made up of Provincial or Municipal representatives (members of municipal councils, etc.). Public non-profit groups work through the Nova Scotia Department of Housing and obtain long-term financing through the Municipal Finance Corporation.

b) Private non-profit groups comprised of members drawn from church organizations, Legion branches, etc., which deal directly with Canada Mortgage and Housing Corporation.

Canada Mortgage and Housing Corporation insures a loan to the non-profit housing group through a private lender. Canada Mortgage and Housing Corporation provides a subsidy, if required, in the form of a write-down on the interest rate on the loan from the current rate to 2%. Should the write-down not provide sufficient assistance in public non-profit projects, the Province of Nova Scotia will share in the operating loss, dollar for dollar, with the municipality until the provincial share reaches a maximum of 12.5% of the operating deficit or 25% of the Federal contribution, whichever is less. Any further deficit must be handled by the municipality.

Rents paid by tenants are similar to those paid under other Provincial Public Housing Programs.

The public non-profit group, after having been incorporated, advises the Nova Scotia Department of Housing of the project it wishes to undertake. Such projects may be new construction or the acquisition and conversion of existing units. The group also indicates the "all in" costs of the project, the estimated revenue from rentals and the cost of operation.

Private non-profit groups deal directly with Canada Mortgage and Housing Corporation.

Senior Citizens' Assistance Program

The Nova Scotia Department of Housing provides this program, the purpose of which is to assist seniors wishing to remain in their own homes but who cannot afford to carry out the necessary repairs.

The eligibility requirements for the client are:

a) either spouse must be 65 years of age or over,

b) must have a combined annual income of $12,000 or less,

c) must own, be part owner or have a life interest and must reside in the dwelling for which the application was made, and

d) must not have received previous assistance.

The eligibility requirements for the dwelling are:

a) must be principal residence of applicant,

b) must be single family unit, and may be detached, semi-detached or one unit of row housing or mobile homes.

The form of assistance is forgivable loans of up to $3,000. The loans are secured by a Loan Agreement. Loans are forgiven at the rate of $83.34 per month as long as the recipient continues to own and occupy the premises. If title is transferred, the unforgiven balance becomes due and payable.

Provincial Housing Emergency Repair Program

The Nova Scotia Department of Housing is solely responsible for this program, the purpose of which is to provide assistance to those persons on low incomes who cannot afford to carry out the emergency repairs required to ensure the preservation of their home as a habitable unit.

The eligibility requirements for the client are:

a) priority will be given to those having a combined income of less than $6,000 per annum,

b) the client must own, be part owner or have a life interest in the dwelling for which the application is made and must occupy the dwelling,

c) only housing having severe health and safety hazards will be considered for this program.

The eligibility requirements for the dwelling are:

a) the dwelling must be the principal residence of the applicant, and

b) it must be a single family unit and may be detached, semi-detached, a mobile home or one unit of row housing.

A one time grant of up to $2,500 is made for labour and materials.

Access-A-Home

The Nova Scotia Department of Housing uses the Access-A-Home program to assist persons or family members whose mobility is limited to wheelchairs.

To be eligible, the applicant or a member of the applicant's family must be limited to a wheelchair by reason of a long term disability and must own or be a part owner or have a life interest in and reside in the dwelling for which application is made. The dwelling must be the principal residence of the applicant and the person must be limited to a wheelchair. It must be a single family unit and may be detached or semi-detached or one unit of row housing used as a home.

The work which may be done must relate to those architectural barriers which restrict the use of a wheelchair and the result of the work must be of a permanent nature.

Applications for all these programs and services are made to the Regional office serving the Nova Scotia Department of Housing. There are four Regional offices in all, located in Sydney, New Glasgow, Bedford and Lawrencetown, as follows:

Region 1
Cape Breton
Regional Office
Provincial Bldg.
Prince Street
P.O. Box 1267
Sydney, N.S. B1P 6J9
Telephone: 539-6450

Region 2
Central Regional
Office
Maritime Building
Provost Street
New Glasgow, N.S.
B2H 5E5
Telephone: 755-5065
or
Amherst District
Office
14 East Victoria
P.O. Box 486
Amherst, N.S.
B4H 4A1
Telephone: 667-1161

Region 3
Metro Regional
Office
Bedford Towers
P.O. Box 280
Bedford, N.S.
B4A 2X2
Telephone: 835-9995

Region 4
WesternRegional
Office
P.O. Box 1000
Middleton
Annapolis Co., N.S.
B0S 1P0
Telephone: 825-3481
or
Liverpool District
Office
267 Main Street
P.O. Box 1660
Liveepool, N.S.
B0T 1K0
Telephone: 354-2116

Senior Citizens' Housing Units

	Housing Authorities & Managers	Location	# Of Units
1.	County of Annapolis Mr. J.A. Barteaux R.R. #3 Lawrencetown B0S 1M0 Telephone: 584-3049	Lawrencetown Clementsport	40 15
2.	Town of Annapolis Royal Mr.William Smith 700 St. George Street Annapolis Royal B0S 1A0 Telephone: 532-2103	Annapolis Royal	29
3.	Town of Antigonish Mr. Daniel McVicar P.O. Box 1373 Antigonish B2G 2L7 Telephone: 863-2703	Antigonish	109
4.	County of Antigonish Mr. Gerald D. Cunningham P.O. Box 1643 Antigonish B2G 2L8 Telephone: 863-1369	Havre Boucher Greenwold	15 40
5.	Municipality of Argyle Mr. Wallace Strickland c/o Town of Yarmouth 398 Main Street Yarmouth B5A 1G2 Telephone: 742-4369	Wedgeport Tusket Lr. West Pubnico	15 15 15
6.	Municipality of Barrington Mrs. Sylvia Knowles P.O. Box 216 Barrington Passage B0W 1G0 Telephone: 637-2857	Barrington Passage	40
7.	Town of Berwick Mr. Gordon Graham 137 Cottage Street Berwick B0P 1E0 Telephone: 538-9348	Berwick	25
8.	Town of Bridgetown Mr. Jack MacNeil 48 Granville Street, E. Bridgetown B0S 1C0 Telephone: 665-4790	Bridgetown	39

9.	Town of Canso Mr. Bernard Kavanaugh P.O. Box 286 Canso B0H 1H0 Telephone: 366-2623	Canso	25
10.	Cape Breton Regional Mr. Clare Wadden P.O. Box 1372 Sydney B1P 6K3 Telephone: 539-8520	Cape Breton County Dominion Glace Bay Louisbourg New Waterford North Sydney Sydney Sydney Mines	303 35 260 10 200 91 439 91
11.	County of Colchester Mrs. Ruth Weatherby P.O. Box 781 Truro B2N 5E8 Telephone: 895-6603	Tatamagouche Bass River Brookfield Great Village Bible Hill Debert	50 10 15 20 80 15
12.	Municipality of Clare Mrs. Helen Mazier R.R. #1 Salmon River B0W 2Y0 Telephone: 649-2848	Church Point Meteghan Saulnierville	20 15 15
13.	Town of Clark's Harbour Mrs. Sally Smith Clark's Harbour B0W 1P0 Telephone: 745-2830	Clark's Harbour	10
14.	Cumberland Regional Mr. Don Chitty P.O. Box 753 Amherst B4H 4B9 Telephone: 667-8757	Amherst Oxford Joggins River Hebert Collingwood Pugwash Wallace Parrsboro Upper Nappan	160 35 15 30 15 20 10 40 15
15.	Dartmouth Mr. Victor Rossley P.O. Box 298 Suite 302 277 Portland Street Dartmouth B2Y 4B7 Telephone: 463-9550	Dartmouth	443
16.	Town of Digby Mr. Ray MacCleave P.O. Box 17 Digby B0V 1A0 Telephone: 245-2559	Digby	86

17.	Digby County	Weymouth	15
		Bear River	15
	Mr. Frederick Manzer	Freeport	15
	R.R. #3		
	Ashmore B0V 1A0		
	Telephone: 837-4467		
18.	Guysborough	Guysborough	20
	Ms. Bernadette Long		
	R.R. #2		
	Boylston B0H 1G0		
	Telephone: 533-3219		
	&		
	Mr. Louis Bezanson	Isaac's Harbour	20
	Isaac's Harbour B0H 1S0		
	Telephone: 387-2744		
19.	Halifax	Halifax	1136
	Mr. Bernard Allard		
	Richmond Place		
	3250 Barrington Street		
	Halifax, N.S. B3K 2X7		
	Telephone: 454-8361		
20.	Halifax County Regional	East Preston	15
		Sheet Harbour	30
	Mr. Ron Jennex	Eastern Passage	35
	1 Circassion Dr.	Middle Musquodoboit	25
	Dartmouth	Musquodoboit Harbour	20
	B2W 4R7 B0J 1W0	Porters Lake	26
	Telephone: 462-2101	Forest Hills	30
21.	Halifax County West	Sackville	60
		Hubbards	10
	Mr. Arthur Ward	Bedford	26
	P.O. Box 549	Waverley	15
	Bedford B4A 2Y2	Timberlea	15
	Telephone: 861-2879		
22.	Hants County East	Shubenacadie	20
		Enfield	15
	Mr. Robert Telder	Maitland	15
	R.R. #1, Elmsdale		
	Hants County B0N 1M0		
	Telephone: 883-2138		
23.	Hants County West	West Hants	40
		Mount Uniacke	15
	Mr. Merle McCulloch		
	P.O. Box 645		
	Windsor B0N 2T0		
	Telephone: 798-4665		
24.	Town of Hantsport	Hantsport	15
	Ms. Pamela Grey		
	P.O. Box 503		
	Hantsport B0P 1P0		
	Telephone: 684-9854		

25.	County of Inverness Mr. Angus MacKay P.O. Box 286 Inverness B0E 1N0 Telephone: 258-2955	Inverness Cheticamp Port Hood Judique Mabou East Margaree Orangedale St. Joseph du Moine	80 41 21 10 10 15 15 15
26.	Town of Kentville Mr. Conrad Campbell 55 Oakdene Ave. Kentville B4N 2B6 Telephone: 678-6652	Kentville	60
27.	County of Kings Mr. Ray Leslie 1017 Jones Road New Minas B4N 3N2 Telephone: 678-3179	South Berwick New Minas Kingston Waterville Aylesford Port Williams Canning	40 77 25 15 15 15 15
28.	Lunenburg County Mr. Alan MacArthur P.O. Box 520 Lunenburg B0J 2C0 Telephone: 634-8614	Bridgewater Lunenburg Mahone Bay New Germany Riverport Western Shore	74 30 25 15 15 15
29.	Town of Middleton Mr. Gordon Rogers P.O. Box 1116 Middleton B0S 1P0 Telephone: 825-3221	Middleton	40
30.	Town of Mulgrave Mrs. Mary Hemmings Mulgrave B0E 2G0 Telephone: 747-2572	Mulgrave	10
31.	Town of Pictou Mr. Emile Casey P.O. Box 849 Pictou B0K 1H0 Telephone: 485-6536 or 485-6956	Pictou	80

32.	Pictou Regional Mr. Jack MacPherson P.O. Box 914 Westville B0K 2A0 Telephone: 396-4128	Riverton New Glasgow Westville Trenton Stellarton Thorburn Scotsburn River John Lyons Brook Merigomish Hopewell Pictou Landing Little Harbour	50 146 50 40 70 15 15 15 10 10 10 10 15
33.	Town of Port Hawkesbury Mr. Allan Rankin 417 Granville Street Port Hawkesbury B0E 2V0 Telephone: 625-2706	Port Hawkesbury	33
34.	Queens Regional Mr. Lewis Bain 20 Boehner Street Liverpool B0T 1K0 Telephone: 354-2933	Liverpool Caledonia Milton	27 15 15
35.	County of Richmond Mr. Rudolph Boudreau P.O. Box 232 Petit de Grat B0E 2L0 Telephone: 226-2252	St. Peters Arichat Louisdale Petit de Grat D'Escousse L'Ardoise	26 10 10 15 10 10
36.	Shelburne Regional Mr. Earl Darrow P.O. Box 646 Shelburne B0T 1W0 Telephone: 875-3413	Shelburne Lockeport Sandy Point	30 10 15
37.	Town of Springhill Mr. Roy Teed P.O. Box 400 Springhill B0M 1X0 Telephone: 597-3253	Springhill	101
38.	Town of Stewiacke Mrs. Ruth Weatherby P.O. Box 249 Stewiacke B0N 2J0 Telephone: 639-2113	Stewiacke	30
39.	Municipality of St. Mary's Mr. Darrell Feltmate Sherbrooke B0J 3C0 Telephone: 522-2964	Sherbrooke	20

40.	Town of Truro	Truro	99
	Mr. J. Wilfred Arsenault P.O. Box 1023 Truro B2N 5G7 Telephone: 895-7240		
41.	County of Victoria	Baddeck Iona	15 15
	Mrs. Irene Nicholson P.O. Box 518 Baddeck B0E 1B0 Telephone: 295-2515	Ingonish	10
42.	Town of Windsor	Windsor	35
	Mr. Dale Cochrane P.O. Box 758 Windsor B0N 2T0 Telephone: 798-2287		
43.	Town of Wolfville	Wolfville	55
	Mr. Ray Leslie Kings County Housing Authority 1017 Jones Road New Minas B4N 3N2 Telephone: 678-3179		
44.	Town of Yarmouth	Yarmouth	151
	Mr. Wallace Strickland 398 Main Street Yarmouth B5A 1G2 Telephone: 742-4369		
45.	County of Yarmouth	Hebron Port Maitland	15 15
	Mrs. Jean Hersey P.O. Box 606 Port Maitland B0W 2V0 Telephone: 649-2365		

Learning Opportunities — General

Universities

Seniors may attend universities in Nova Scotia on a tuition-free basis for credit courses. All that is required is proof of age. In order to make arrangements contact the registrar's office at the nearest university or college in the area.

Mount Saint Vincent University

Mount Saint Vincent University offers a certificate in Gerontology. This program is intended for professionals with at least one year of university study who are currently working in the field of aging and who wish to become more effective in their work by broadening their understanding of aging. Those professionals who do not have at least one year of university study may be accepted into the certificate program if they can demonstrate that they have experience and/or training equivalent to such study. Undergraduate students who are interested in gerontology may enroll in the courses, providing they meet all requirements for those courses. However, such students will not be permitted to enroll in the Certificate in Gerontology program unless this program is an adjunct to a degree program.

For further information contact:

The Admissions Office
Mount Saint Vincent University
Telephone: 443-4450

Continuing Education

The Department of Vocational and Technical Training, through the services of its Continuing Education Program, has taken an active role in working with seniors. Continuing Education recognizes the important function played by seniors in the structure of both the family unit and the community. Special provision for seniors' groups has been made in a number of existing programs.

The Department:

1. has nominated the Coordinator of the Continuing Education Program to be the Minister's representative on the Nova Scotia Senior Citizens' Commission.
2. supports a wide range of classes for adults through local school boards. These classes are open to the general public, but classes specifically designed for seniors may be arranged by contacting the local school board.
3. assists in organizing seniors' clubs, associations, and councils.
4. provides continuing education facilities and resource materials.
5. sponsors and assists in organization of leadership seminars.
6. develops and presents pre-retirement and retirement seminars.
7. provides consultative services and funds for projects designed to improve the quality of life of seniors throughout the province.

8. provides advice, counselling and consultation through the six Area Offices of the Department of Vocational and Technical Training.

Further information may be obtained by contacting the Office in your area.

Sydney	564-8385	Halifax	424-4228
Antigonish	863-3617	Lawrencetown	584-3050
Truro	895-9246	Yarmouth	742-3244

National Film Board

The National Film Board has a large collection of films that may be borrowed free of charge. Videos are also available for rental. For further information call 426-6001 or write:

National Film Board
1572 Barrington Street
Halifax, Nova Scotia
B3J 1Z6

Elderhostel

Elderhostel is an educational programme for seniors on the move — not just in terms of travel but in terms of reaching out to new experiences. It's based on the belief that age and retirement do not have to mean withdrawal — that one's senior years are an opportunity to enjoy new challenges.

Most programmes begin Sunday evening and end the following Saturday morning, and are limited to about 50 participants. During this period Elderhostelers are offered three short and stimulating courses and a variety of extra-curricular activities. Participants live in university residences, experience a taste of contemporary life, and meet a group of fellow hostelers from a variety of backgrounds. Educational background is not important — only an interest in new experiences is required.

Elderhostel is open to anyone 60 years of age and older and their spouse or companion. The all-inclusive weekly charge is approximately $200. For further information contact:

David Etheridge
Executive Director
Elderhostel Canada
P.O. Box 4400
Fredericton, New Brunswick
E3B 5A3
Telephone: 454-3400

Recreation Services — General

Local recreation programs are available throughout Nova Scotia from municipalities, community groups and organizations and are offered through assistance from the Provincial Department of Culture, Recreation and Fitness.

Programs for seniors include recreational and cultural activities and fitness and exercise classes.

The Department of Culture, Recreation and Fitness makes information on local programs, activities, interest groups and workshops available to seniors and therefore encourages our senior community to become more involved in all facets of recreation.

Department of Culture Recreation and Fitness — Regional Offices

As a catalyst in motivating individuals and organizations, as well as other government departments and agencies to expand recreational opportunities for seniors, the Department of Culture, Recreation and Fitness has established six regional offices in strategic locations throughout Nova Scotia. A Regional Representative has been appointed to supervise each office and assist with the development of cultural, recreational, sport and fitness activities in the area.

These Regional Representatives advise interested individuals, groups, associations and municipal units on how to utilize the funding offered them for recreational programs, with the ultimate aim of giving all Nova Scotians equal opportunities for recreational involvement.

Outdoor recreation, sport, facility development and community recreation are a few of the many services offered by the Department to the municipalities and local groups fulfilling the current recreational needs of seniors.

As one of its many responsibilities, the Department of Culture, Recreation and Fitness, through its regional offices, assists community organizations in making improvements to existing buildings for use as community centres through the Little Red Schoolhouse Program and the Regional Fitness Development Program (RFD).

The improved facility should have the capability of providing an opportunity for public usage, therefore assisting a variety of activities relating to recreation, sport and culture.

The Regional Fitness Development Program financially assists interested individuals or community organizations to develop fitness programs, to host fitness conferences and/or workshops and to provide financial aid to encourage and promote attendance at fitness conferences and seminars given by fitness leaders.

Application for this assistance is open to any seniors' group or individual wishing to initiate one of these programs.

In the cultural area, the Department initiated the Senior Citizens Drama Club as one of its pilot projects, and is willing to assist in the development of theatre companies and workshop programs for seniors in all performing arts areas.

Community service groups and municipal authorities may apply on behalf of seniors' organizations, providing one of their main objectives is the provision of social, recreational and cultural services for seniors.

For more detailed information about programs and services offered through the Department of Culture, Recreation and Fitness or for general information concerning recreation, contact the Regional Representative in your area:

Nelson Ellsworth
Regional Representative - Central
(Halifax, Dartmouth, Halifax County)
45 Alderney Drive, Suite 813
Dartmouth, N.S. B2Y 2N6
Phone: 424-7622

Duff Montgomerie
Regional Representative - Fundy
(Counties of Cumberland, Colchester,
Municipality of Hants East)
515 Prince St., Truro, N.S. B2N 1E8
Phone: 893-9487

William Spurr
Regional Representative - Valley
(Municipality of Hants West,
Counties of Annapolis, Kings and Digby)
P.O. Box 2140, Windsor, N.S. B0N 2T0
Phone: 798-4616

John MacLean
Regional Representative - South Shore
(Counties of Yarmouth, Shelburne,
Queens and Lunenburg)
P.O. Box 470, Bridgewater, N.S. B4V 2X6
Phone: 543-5000

Gary Boone
Regional Representative - Highland
(Counties of Pictou, Guysborough, Antigonish)
274 Main St., Antigonish, N.S. B2G 2C4
Phone: 863-1736

Frank MacNamara
Regional Representative - Cape Breton
(Sydney, County of Cape Breton)
Provincial Bldg., Prince Street
Sydney, N.S. B1P 5L1
Phone: 562-2224

Jim Coady
Regional Representative - Cape Breton
(Port Hawkesbury, Counties of Victoria,
Richmond, Inverness)
P.O. Box 989, Port Hawkesbury, N.S. B0E 2V0
Phone: 625-1024

Municipal Recreation Directory

With a few exceptions, the municipal units have Recreation Commissions with a chairperson and one or more staff. The names of the staff director/coordinator serving these commissions follow.

Municipal Recreation Districts

Municipality of the County of Cape Breton
Mr. Bill Murphy
Director/Coordinator
865 Grand Lake Road
Sydney, Nova Scotia B1P 6W2
Tel: 564-5541/539-7554

Town of Dominion
Roger Cuzner
Director/Coordinator
128 Commercial Street
Dominion, Nova Scotia B0A 1E0
Tel: 849-6556

Town of Glace Bay
Mr. Fred Brooks
Director/Coordinator
Town Hall, McKeen Street
Glace Bay, Nova Scotia B1A 5B9
Tel: 849-5541 Ext. 30

Municipality of the County of Inverness
Mr. John Cotton
Director/Coordinator
Municipal Building
Port Hood, Nova Scotia B0E 2W0
Tel: 787-2356/787-2274

Town of Louisbourg
Mrs. Ivy Warren
Director/Coordinator
P.O. Box 8
Louisbourg, Nova Scotia B0A 1M0
Tel: 733-3383/733-2010

Town of New Waterford
Mr. Gary R. McDonald
Director/Coordinator
3696 Ellsworth Avenue
New Waterford, Nova Scotia B1H 2H7
Tel: 862-8324/862-6401

Town of North Sydney
Mr. Bob Mullins
Director/Coordinator
Town Hall, Commercial Street
Post Office Box 83
North Sydney, Nova Scotia B2A 3M1
Tel: 794-7213 Ext. 35

Town of Port Hawkesbury
Mr. Jim Pyke
Director/Coordinator
P.O. Box 10
Port Hawkesbury, Nova Scotia B0E 2V0
Tel: 625-2591

Municipality of the County of Richmond
Mr. Clifford Boudreau
Director/Coordinator
P.O. Box 120
Arichat, Nova Scotia B0E 1A0
Tel: 226-2400

City of Sydney
Mr. John H. Fraser
Director/Coordinator
P.O. Box 730
Sydney, Nova Scotia B1P 6H7
Tel: 539-0940 Ext. 140

Town of Sydney Mines
Mr. Mel Brown
Director/Coordinator
Leisure Services
38 Pitt Street
Sydney Mines, Nova Scotia B1V 1S2
Tel: 736-3646

Municipality of Victoria County
Mr. Tom Wilson
Director/Coordinator
P.O. Box 370
Baddeck, Nova Scotia B0E 1B0
Tel: 295-3231

Town of Antigonish and Municipality of the County of Antigonish
Mr. Raff Henderson
Director/Coordinator
274 Main Street
Antigonish, Nova Scotia B2G 2C4
Tel: 863-3686

Municipality of Guysborough
Mr Philip M. Hochman
Director/Coordinator
P.O. Box 3
Guysborough, Nova Scotia B0H 1N0
Tel: 533-3508

Town of Mulgrave
Ms. Janice Rand
Director/Coordinator
P.O. Box 129
Mulgrave, Nova Scotia B0E 2G0
Tel: 747-2243

Town of New Glasgow
Mr. Bud Brown
Director/Coordinator
P.O. Box 7
New Glasgow, Nova Scotia B2H 5E1
Tel: 752-8209

Town of Pictou
Mr. Gerard MacIsaac
Director/Coordinator
P.O. Box 479
Pictou, Nova Scotia B0K 1H0
Tel: 485-6057

Municipality of Pictou County
Mr. Scott Craig Bullerwell
Director/Coordinator
Municipal Office
P.O. Box 910
Pictou, Nova Scotia B2H 5H7
Tel: 485-8528

Town of Stellarton
Mr. Karl Nightingale
Recreation Director
P.O. Box 1478
Stellarton, Nova Scotia B0K 1S0
Tel: 752-8944

Town of Canso
Mr. Scott Conrad
Recreation Director
P.O. Box 189
Canso, Nova Scotia B0H 1H0
Tel: 366-2525

Recreation Commission of Westville
Mr. Lloyd MacLean
Chairperson
2242 North Street
Westville, Nova Scotia B0K 2A0
Tel: 752-3114

Municipality of St. Mary's
Ms. Norma MacLeod
Recreation Director
P.O. Box 5
Sherbrooke, Nova Scotia B0J 3C0
Tel: 522-2598

Town of Trenton
Mr. Martin Bates
Director/Coordinator
P.O. Box 201
Civic Building
Trenton, Nova Scotia B0K 1X0
Tel: 752-1019

Town of Amherst
Mr. Red Faulkner
Director/Coordinator
P.O. Box 331
Amherst Stadium
Amherst, Nova Scotia B4H 3Z5
Tel: 667-9557

Municipality of Colchester
Ms. Maureen Smith
Recreation Assistant
P.O. Box 697
Truro, Nova Scotia B2N 5E7
Tel: 895-1501

Municipality of East Hants
Ms. Linda Atkinson
Director/Coordinator
P.O. Box 190
Shubenacadie, Nova Scotia B0N 2H0
Tel: 758-2299

Town of Parrsboro
Ms. Helene Ouellette
Recreation Director
P.O. Box 400
Parrsboro, Nova Scotia B0M 1S0
Tel: 254-2036

Town of Oxford
Ms. Eva Marks
Recreation Director
P.O. Box 49
Oxford, Nova Scotia B0M 1P0
Tel: 447-2189

Town of Springhill
Mr. Ron Jefferson
Director/Coordinator
P.O. Box 150
Springhill, Nova Scotia B0M 1X0
Tel: 597-2873

Town of Truro
Mr. Doug MacKenzie
Director/Coordinator
P.O. Box 274
Truro, Nova Scotia B2N 5C1
Tel: 895-4484

City of Halifax
Mr. Howard Oehman
Director/Coordinator
P.O. Box 1749
Halifax, Nova Scotia B3J 3A5
Tel: 421-6424

City of Dartmouth
Mr. Len Atkinson
Director/Coordinator
P.O. Box 817
Dartmouth, Nova Scotia B2Y 3Z3
Tel: 464-2122

Municipality of Halifax County
Mr. John Markesino
Director/Coordinator
P.O. Box 300
Halifax, Nova Scotia B3L 4K3
Tel: 477-5641

Town of Bedford
Mr. Robert Nauss
Director/Coordinator
36 Holland Avenue
Bedford, Nova Scotia B4A 1L9
Tel: 835-9757

Town of Berwick
Mr. Michael Trinacity
Director/Coordinator
P.O. Box 130
Berwick, Nova Scotia B0P 1E0
Tel: 538-8902

Town of Bridgetown
Mr. Bob Powell
Recreation Director
P.O. Box 609
Bridgetown, Nova Scotia B0S 1C0
Tel: 665-2938

Town of Digby
Mr. Grant Potter
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Tel: 245-4769

Town of Hantsport
Mr. Jud Porter
Director/Coordinator
P.O. Box 101
Hantsport, Nova Scotia B0P 1P0
Tel: 684-9527

Town of Kentville
Mr. Bill Boyd
Director/Coordinator
P.O. Box 218
354 Main Street
Kentville, Nova Scotia B4N 3W4
Tel: 678-4122

Town of Windsor
Mr. James Archibald
Director/Coordinator
P.O. Box 158
Windsor, Nova Scotia, B0N 2T0
Tel: 798-2910/798-2275

Town of Wolfville
Ms. Janet MacKay
Director/Coordinator
P.O. Box 418
Wolfville, Nova Scotia B0P 1X0
Tel: 542-2400

Municipality of Annapolis County
Ms. Debra Ryan
Director/Coordinator
P.O. Box 100
Annapolis Royal, Nova Scotia B0S 1A0
Tel: 532-2331

Municipality of the District of Clare
Mr. Allan Comeau
Director/Coordinator
Municipal Building
Little Brook
Digby County, Nova Scotia B0W 1Z0
Tel: 769-2031

Municipality of Digby County
Mr. Grant Potter
Director/Coordinator
P.O. Box 429
Digby, Nova Scotia B0V 1A0
Tel: 245-4777

Municipality of the District of West Hants
Director/Coordinator
P.O. Box 344
Windsor, Nova Scotia B0N 2T0
Tel: 798-8391

Municipality of Kings County
Mr. Bob V. Suffron
Director/Coordinator
P.O. Box 100
Kentville, Nova Scotia B4N 3W3
Tel: 678-6141

Village of New Minas
Bruce MacArthur
Director/Coordinator
1174 Commercial Street
New Minas, Nova Scotia B4N 3G1
Tel: 678-6557

Municipality of Argyle
Ms. Pauline Doucet
Director/Coordinator
c/o Municipal Office
P.O. Box 10, Tusket
Yarmouth County, Nova Scotia B0W 3M0
Tel: 648-3379

Digby Joint Recreation Council
Mr. Grant Potter
Director/Coordinator
P.O. Box 579
Digby, Nova Scotia B0V 1A0
Tel: 245-4777

Municipality of Barrington
Mr. Ray Green
Director/Coordinator
c/o Municipal Office
Barrington, Nova Scotia B0W 1E0
Tel: 637-3254

Town of Bridgewater
Mrs. Carol Anthony
Director/Coordinator
P.O. Box 99
Bridgewater, Nova Scotia B4V 2W8
Tel: 543-2274

Municipality of Chester
Miss Dianne Paquet
Director/Coordinator
c/o Municipal Office
P.O. Box 582, Chester
Lunenburg County, Nova Scotia B0J 1J0
Tel: 275-3490

Town of Clark's Harbour
Miss Debbie Allen
Director/Coordinator
c/o Town Office, Clark's Harbour
Shelburne County, Nova Scotia B0W 1P0
Tel: 745-2390

Town of Liverpool
Mr. Norman Amirault
Director/Coordinator
P.O. Box 550
Liverpool, Nova Scotia B0T 1K0
Tel: 354-5701

Town of Lockeport
Mr.William Crosby
Director/Coordinator
P.O. Box 76
Lockeport, Nova Scotia B0T 1L0
Tel: 656-3406

Town of Lunenburg
Mr. Wayne Tumblin
Director/Coordinator
P.O. Box 129
Lunenburg, Nova Scotia B0J 2C0
Tel: 634-4006

Municipality of Lunenburg
Mr. Carroll Randall
Director/Coordinator
P.O. Box 200
Bridgewater, Nova Scotia B4V 2W8
Tel: 543-1354

Town of Mahone Bay
Mr. Charles MacKinnon
Director/Coordinator
c/o Town Office
Mahone Bay, Nova Scotia B0J 2E0
Tel: 624-9859

Municipality of Queens
Ms. Carol Davis-Jamieson
Director/Coordinator
P.O. Box 1264
Liverpool, Nova Scotia B0T 1K0
Tel: 354-5741

Town of Shelburne
Mr. Jerry Locke
Director/Coordinator
P.O. Box 699
Shelburne, Nova Scotia B0T 1W0
Tel: 875-3873

Municipality of Shelburne
Ms. Marilyn Johnson
P.O. Box 280
Shelburne, Nova Scotia
B0T 1W0
Tel: 875-3544

Town of Yarmouth
Mr. W. Richard Hubbard
Director/Coordinator
c/o Court House
Yarmouth, Nova Scotia B5A 1G3
Tel: 742-8717

Municipality of Yarmouth
Mr. Wayne Gray
Director/Coordinator
P.O. Box 152
Yarmouth, Nova Scotia B5A 4B2
Tel: 742-8868

Recreation Council for the Disabled in Nova Scotia
Established in 1975, the Council serves as an information and advisory body on the recreation needs of the disabled and the aged.

A resource library containing pertinent information on social, recreational and leisure programs for older adults, buyer guides, etc., is open to the general public.

Boards have been established to serve the following countries — Digby, Yarmouth and Shelburne; Annapolis, Kings and West Hants; Lunenburg and Queens; Halifax; Cumberland, Colchester and East Hants; Antigonish, Pictou and Guysborough; Inverness, Victoria and Richmond; and, Cape Breton.

For further information on the Council Contact:
Ms. Veronica McNeil
Administrative Assistant
Recreation Council for the Disabled in Nova Scotia
Suite 308
5516 Spring Garden Road
Halifax, N.S.
B3J 1G6
(902) 423-6482

The Nova Scotia Department of Consumer Affairs

Through its seven divisions, the Department provides services to all Nova Scotians under 22 provincial and two federal statutes. Whenever possible, the mediation process is used in an attempt to resolve differences between the "consumer" and the "seller". If mediation does not work, further steps are, in most cases, either provided or recommended.

Counsellors are available, for example, on general consumer problems, on pre-retirement and retirement, budgeting, mortgages and even the cemeteries and funeral options available.

As well, tenants and homeowners have the facilities of the Rent Review and the Residential Tenancies Divisions. These divisions include the Rent Review Commission and Residential Tenancies Boards, respectively, to assist Nova Scotians in settling any differences.

Other Consumer Affairs Divisions are Administration, Amusements, Insurance and Credit Union and Trust Companies — all with staff to meet your needs.

Senior citizens may contact: Head Office or one of the Department's Regional Offices listed below to get advice or direction on their particular problem.

Head Office (All Divisions):
5151 Terminal Road
P.O. Box 820
Halifax, Nova Scotia
B3J 2V2
Tel: 424-4690

Regional Offices: Consult your directory for the appropriate telephone number.

Suite 260, 2nd Floor
Queens Square
Dartmouth, Nova Scotia
B2Y 2N6

Provincial Building
Prince Street
Sydney, Nova Scotia
B1P 5L1

502 Maritime Building
P.O. Box 236
New Glasgow,
Nova Scotia B2H 5E3

Provincial Building
MacSween Street
P.O. Box 624
Port Hawkesbury,
Nova Scotia B0E 2V0

Provincial Building
99 High Street
Bridgewater, Nova Scotia
B4V 1V8

Provincial Building
120 Exhibition Street
Kentville, Nova Scotia
B4N 4E5

Provincial Building
James Street
Antigonish, Nova Scotia
B2G 1R6

Provincial Building
10 Starrs Road
Yarmouth, Nova Scotia
B5A 2T1

58 Willow Street
Truro, Nova Scotia
B2N 4Z6

Rent Review Commission

c/o N.S. Department of
Consumer Affairs
5151 Terminal Road,
P.O. Box 820
Halifax, Nova Scotia
B3J 2V2 424-4690

The majority of the provinces in Canada have some form of regulatory control over the amounts charged for various forms of living accommodation. In Nova Scotia, such activities are administered by the Rent Review Commission which is empowered to review all rent increases in excess of a percentage increase per annum set by the Governor-in-Council.

The Nova Scotia Department of Mines and Energy

Ener/Info

The Nova Scotia Department of Mines and Energy provides a toll-free telephone line, available to all Nova Scotians who want to make inquiries relating to energy and energy conservation. Your call will be handled by capable professional staff.

Call toll free in Halifax-Dartmouth: 424-7680
Elsewhere in Nova Scotia: 1-424-5727
8:30 a.m. to 4:30 p.m. Monday to Friday

Community, Legal and Counselling Services

The Ombudsman

The Ombudsman is empowered by the Legislative Assembly of the Province of Nova Scotia to hear and, where necessary, investigate personal complaints or grievances against the provincial and municipal jurisdictions. Wherever possible, the Ombudsman will use his investigatory powers to correct your grievances.

If you feel that the provincial or municipal governments within the Province of Nova Scotia have treated you unjustly, you may appeal to the Ombudsman. Frequently he can act as intermediary to cut through "red tape" and either right the wrong or offer advice on how to settle the grievance. Contact:

Dr. Andrew MacKay
Ombudsman
Province of Nova Scotia
P.O. Box 2152
Halifax, Nova Scotia B3J 3B7
Telephone: 424-6780

Nova Scotia Legal Aid

There are 10 Nova Scotia Legal Aid offices and several sub-offices located throughout the Province. Legal Aid provides legal services to people who are unable to pay for these services. In order to be eligible for these services, your income must not be higher than the Municipal Social Assistance Income Scale or must meet the income and expense scale used by Legal Aid.

Nova Scotia Legal Aid offices are located in the following areas:

Halifax-Dartmouth
General Office
5212 Sackville Street
Halifax, N.S. B3J 1K6
Telephone: 423-1291

Cape Breton Metro
189 Townsend Street
P.O. Box 1373
Sydney, N.S. B1P 6K3
Telephone: 539-2460

Pictou County
215 Provost Street
New Glasgow, N.S. B2H 2M5
Telephone: 752-1935

Antigonish-Strait of Canso
273 Main Street
P.O. Box 1750
Antigonish, N.S. B2G 2C2
Telephone: 863-3350

Sub-office Port Hawkesbury
Central Trust Building
Reeves Street
P.O. Box 264
Port Hawkesbury, N.S. B0E 2V0
Telephone: 625-2520
(Thursdays 10:00 a.m.
to noon, 2:00 p.m. to 5:00 p..m.)

South Shore
14 Dufferin Street
P.O. Box 6
Bridgewater, N.S. B4V 2E8
Telephone: 543-4658

Sub-office Liverpool
43 Carten Street
P.O. Box 1360
Liverpool, N.S. B0T 1K0
Telephone: 354-3215
(Thursdays 8:30 to 4:30)

Colchester County
20 Revere Street
P.O. Box 26
Truro, N.S. B2N 5B6
Telephone: 895-3839

Cumberland County
134 Victoria Street East
P.O. Box 262
Amherst, N.S. B4H 3Z2
Telephone: 667-7544

Windsor
c/o General Delivery
138 Gerrish Street
Windsor, N.S. B0N 2T0
Telephone: 798-8397
or 798-8398

South Shore-Western Shore
253 Main Street
P.O. Box 163
Yarmouth, N.S. B5A 4B2
Telephone: 742-7827

Annapolis Valley
28 Webster Court
Kentville, N.S. B4N 1H2
Telephone: 678-8381

Annapolis-Digby
253 St. George Street
P.O. Box 188
Annapolis Royal, N.S. B0S 1A0
Telephone: 532-2311

Dalhousie Legal Aid

Dalhousie Legal Aid Service provides legal services to clients in the Halifax-Dartmouth metropolitan area who fall within its financial eligibility requirements. Dalhousie Legal Aid is affiliated with the Law School of Dalhousie University. Contact the office at:

5557 Cunard Street
Halifax, Nova Scotia B3K 1C5
Telephone: 423-8105

Lawyer Referral Service

This service is designed to encourage individuals to seek legal advice early before problems become complicated and expensive. The service will give you the names of two lawyers; you can then arrange an appointment. The lawyer will give you an interview of up to 30 minutes at a nominal charge of $10. You can then decide either to hire the lawyer or to consult someone else or you may be satisfied that further help is unnecessary.

The Lawyer Referral Service is operated by the Nova Scotia Barristers' Society and funded by the Law Foundation of Nova Scotia and the Barristers' Society.

Should you have a legal problem and need the advice of a lawyer contact:

The Lawyer Referral Service
Nova Scotia Barristers' Society
Keith Hall
1485 Hollis Street
Halifax, N.S. B3J 3M4
Telephone: 429-9898
Toll Free: 1-429-9898

Hours: 9:00 a.m. to 1:00 p.m.

Better Business Bureau of Nova Scotia

The Better Business Bureau endeavors to:

1. receive, investigate and act upon valid complaints regarding alleged misrepresentations and irregular practices in advertising and selling of merchandise, services, etc.
2. furnish, upon request, available information concerning the business practices of firms dealing directly with the public
3. offer educational material and general information in an effort to educate the consumer concerning the marketplace.

For information contact:

Better Business Bureau
of Nova Scotia
P.O. Box 2124
1731 Barrington Street
Halifax, Nova Scotia B3J 3B7
Telephone: 422-6581 - Inquiries
422-6582 - Complaints
Telephone hours
10:00 a.m. to 3:00 p.m. weekdays

Counselling Assistance to Small Enterprises (CASE)

Attention retired businesspeople! Your services and expertise are needed to advise small enterprises and private businesses. For more information on how you can get involved, contact:

Counselling Assistance
to Small Enterprises (CASE)
Federal Business Development Bank
Suite 710, Cogswell Tower
Halifax, Nova Scotia B3J 3K1
Telephone: 426-2474
8:30 a.m. to 4:30 p.m.
Contact: G.V. Hazlewood
Coordinator

Government Information Services

Public Enquiry Service — Government of Nova Scotia

The Public Enquiry Service for the Nova Scotia Government was formed in September 1972. Since its formation approximately 180,000 enquiries have been received and handled.

The Service is a section of the Information Services Division of the Department of Government Services. Telephone, written and walk-in enquiries on government programs and services and information are answered.

Since most members of the general public have difficulty distinguishing among the three levels of government, the officers of the Service are familiar with all three.

The Service maintains information files on more than one thousand subjects in addition to numerous reference files. The subjects concern everything from Acadian history to Fundy tidal power, from background on the Halifax explosion to the date of the Daylight Saving Time changeover.

For information contact:

Sandy Phillips
13th Floor,Maritime Centre
P.O. Box 54, Halifax, N.S. B3J 2L4
Toll Free: 1-424-5200

Canada Service Bureau

Trying to track down a Government of Canada program or service? The Canada Service Bureau will help you find the information you are looking for.

DIAL TOLL FREE: 1-426-8092
"Helping People Talk to Government."

Seniors' Infoline

Seniors' Infoline is a telephone-information and referral service on programs, services and activities that are available in Halifax for seniors. Office hours are Monday to Friday, 9:00 a.m. to 4:30 p.m. A telephone answering machine will record messages after hours.

For further information contact:

Seniors' Infoline
2156 Brunswick Street
Halifax, Nova Scotia
B3K 2Y8
Telephone: 421-6768

Community Services

Senior Centres

Senior Centres are emerging across the nation as the new focal point in developing and introducing programs for the country's older population. Centres are places where older persons may meet, receive services and participate in activities designed to enhance their dignity, support their independence and encourage their involvement in the community.

The Senior Centre is a key resource in a community's planning and service delivery structure. As such it works with other local agencies for the coordination of comprehensive services to meet the needs of older persons. It offers information and learning opportunities about aging and also serves as an advocate, identifying gaps in service, seeking to make needed services more accessible and acceptable to older persons, and encouraging agencies and organizations to meet the needs of the elderly in accordance with individual lifestyles, rather than merely assuming that older persons will avail themselves of services provided to the general population.

Spencer House Seniors' Centre

In the City of Halifax, this Centre provides the following: information and referral services, counselling and advocacy, a Monday-to-Friday luncheon program, fitness classes, foot-care and blood-pressure clinics twice monthly, free income-tax clinics each spring, a free volunteer snow-shovelling program, a Letter Carrier Alert Program, a friendly visiting and phone-call service, a grandfriends intergenerational program (with elementary school children), educational discussions and workshops, a *Directory of Halifax Community Services for Seniors*, a wide range of recreational activities and a drop-in centre.

The Centre's goal is to help seniors identify their needs and develop self-help. It provides a meeting place for sharing skills and planning and participating in activities. Volunteers of all ages are always needed and very welcome.

Spencer House is located at 5596 Morris Street, Halifax, Nova Scotia, B3J 1C2. Telephone: 421-6131. Open seven days a week; 8:30 a.m. to 4:30 p.m. Monday to Thursday; 8:30 a.m. to 4:00 p.m. Friday; and 9:30 a.m. to 5:00 p.m. Saturday and Sunday.

Northwood Multi-Purpose Centre

Northwood Incorporated is a non-profit, non-governmental, community-based citizens' organization. It provides self-contained housing and three levels of health care designed to meet the needs of the elderly and a comprehensive multi-purpose centre for people 55 years of age and over. It was incorporated in 1962 in response to the needs and concerns of this age group. The Board of Governors, which is representative of the community spectrum, serves without remuneration. The Board is assisted by a President who is the Chief Executive Officer and by a permanent staff responsible for the overall operation and administration of the affairs of Northwood.

Northwood Multi-Purpose Centre provides more than 30 life-enrichment, recreational, cultural and educational programs. Two of the many services available to residents and people living in the community

are Adult Day Care and Holiday-Vacation (Respite) Care. The first is a support service providing relief to families having an elderly relative living with them and the latter provides for an elderly person to stay at Northwood for up to thirty days, allowing families to enjoy a well-deserved holiday.

Northwood provides a continuum of care from independent living arrangements through to intensive nursing care. Self-contained one bedroom and bachelor apartments are available.

If nursing care is necessary, the fee varies according to the level of care required.

For further information write to:

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, Nova Scotia
B3K 3S5
Telephone: 454-8311

Northwood Care "At-Home" Support Service

Northwood provides a comprehensive home-care program for senior citizens and the disabled in the Cities of Halifax and Dartmouth and the County. Services include nursing care, personal care, homemaking, housekeeping and minor home repairs. A flat rate, ranging from $6.00 per hour for a Housekeeper to $14.00 per hour for a Registered Nurse, is charged for each of the services.

For further information contact:

Mrs. Marilyn Aucoin
Administrative Coordinator
Northwood Care "At-Home"
Support Service
2615 Northwood Terrace
Halifax, Nova Scotia
B3K 3S5
Telephone: 425-2273 (24 hours a day)

Dartmouth Kiwanis Multi Service Centre

The Dartmouth Kiwanis Multi Service Centre, in the city of Dartmouth, provides the following services and programs: information and referral, a drop-in facility, hot lunch programs, monthly birthday parties, a quarterly newsletter, a discount directory, a cable TV program, a friendly home visiting program, daily hello service, a senior outreach service, health clinics, senior counselling, a home maintenance program, a volunteer snow-shovelling program, friendly care (day care), a free income tax service, senior transit discount tickets, a farming project, financial support for hearing aids, glasses and dentures, and transportation for seniors to recreational and social events. It also offers senior housing at a reduced cost through a home-sharing program, and a seniors' band and seniors' choir. The Centre also assists professionals and students who are conducting gerontological research.

This organization is located at 45 Ochterloney Street, Dartmouth, Nova Scotia. Telephone: 465-5578.

Senior Citizens' Resource Centre

A Senior Citizens' Resource Centre is operating in the industrial area of Cape Breton. The address is as follows:

56 Nepean Street
P.O. Box 1055
Sydney, Nova Scotia B1P 6J7
Telephone: 562-1245

The Information and Resource Centre of Annapolis County

The address for this centre is:

The Information and Resource Centre
of Annapolis County
Concerned Seniors
7 Faye Road
Bridgetown, Annapolis County
Nova Scotia B0S 1C0
Telephone: 665-4582
Contact: Mrs. Emma Tufts

Valley View Villa

Valley View Villa, a 96-bed nursing home serving Pictou County, recently added 20 enriched housing units for seniors who are no longer able to live independently but who do not require placement in a nursing home.

In 1981 the Villa undertook the program Seniors Helping Seniors, which is aimed at helping seniors remain in their own homes as long as possible. Services include a telephone help line; recreational activities for seniors in the community; wheels to meals; a loan service for wheelchairs, crutches, walkers, canes and hospital beds; a handyman service; and meeting space for various senior groups in the community. The

Villa serves in an advisory capacity to the Pictou County Council of Senior Citizens, which in turn works closely with the Villa in all aspects of the Seniors Helping Seniors program funded by the Department of Social Services.

For further information contact:

Mr. David Lank
Administrator
Valley View Villa
Pictou, Nova Scotia
B0K 1A0
Telephone: 755-5780

Port Hawkesbury Senior Support Service

The Port Hawkesbury Senior Support Service is sponsored by the Port Hawkesbury Evergreen Club and funded by the Department of Social Services through the Home Life Supports Program.

A coordinator and a team of volunteers offer the following services: friendly visiting, project blue alert, a newspaper column, a fun-and-fitness exercise program, meals on wheels, classroom grandparent, snow shovelling and yard work.

For further information contact:

Lynn Martin
Coordinator
Telephone: 625-3979

Telephone Aids and Services

Maritime Tel and Tel has a variety of aids and services available for extending the use of the telephone to people who have hearing, speech, sight or motion disabilities. Persons having any difficulty using telephone equipment for whatever reason may contact their local Maritime Tel and Tel business office or Special Needs Centre. M.T. & T. will help with the selection of equipment most beneficial to the need as well as provide advice on rates and other pertinent details.

A Special Needs Centre is located on the mezzanine level, Maritime Centre, 1505 Barrington Street, Halifax. The Centre is equipped with working displays of the products available and trained staff members are available to provide advice on the type of equipment best suited to individual need.

The Centre is open Monday to Friday from 8:30 a.m. to 4:30 p.m. To arrange a visit or to ask about the services available, call: Telephone: 421-5553 or 421-5999 D.D.D. Please dial direct. There is no long distance charge.

Telecare

Organized by the Junior League of Halifax Inc. Telecare is a safety reassurance project to give seniors in Halifax telephone contact with someone at least once every 24 hours, every day of the year, including Sundays and holidays.

Individuals who wish to become a participant are given special numbers to call at a designated time between 9:30 and 11:30 every morning. In this manner, contact is made with a concerned volunteer on a daily basis. If the senior does not call, the volunteer will call one of the two contacts that the senior has listed who will be asked to check to make sure there are no problems.

There is no charge for the Telecare Service. For further information, call the Telecare Office at 453-2952 or write to:

Telecare
c/o Northwood Incorporated
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5
Contact: John Knox

Help Line (Crisis International Line)

422-7444
24 hours a day, 7 days a week.
Contact person: Beverly Goguen

Help Line is a central information, referral and counselling service. Confidential personal contact and crisis intervention is available for night and weekend emergencies. Service is normally by telephone.

Adult Day Care Programs

Northwood Day Program

Adult Day Program provides older persons with a day time program of supervised recreational activities and personal counselling. It assists them to continue as independently as possible in the community. The program supplements family care and

relieves the family of the responsibility for their seniors during the day.

Supervised recreational activities, arts and crafts, light exercises, walks indoors and outdoors, group discussions and counselling are some of the services provided. A full noon meal and snacks are included.

For further information contact:

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, Nova Scotia B3K 3S5
Telephone: 454-8311

South Cumberland Memorial Hospital Adult Day Care Center

A Monday-to-Friday program designed to meet some of the physical and social needs of individuals 18 years of age and over, its purpose is to help people keep their health and independence, enabling them to remain in their homes and community.

Services include nursing, occupational therapy, physiotherapy, dietician services, personal-needs counselling and assessment, lab tests and x-rays as required by physicians and referral to outpatients if required.

The Centre serves Parrsboro, Advocate, Port Grenville, Five Islands, Halway River, Economy, Little Bass River and South Hampton.

There is no charge for the program, which is funded by the Nova Scotia Department of Health. Transportation can be provided if necessary.

For further information contact:

Heather Beaver
Telephone: 254-2541
or
Norma Cassidy
Telephone 254-2622

Harbourview Senior Day Care

This is a Monday-to-Friday program designed to assist seniors 60 years of age and over to keep their health and independence, enabling them to remain in their homes and communities.

Services include nursing, physiotherapy, occupational therapy, a brace clinic, hearing and speech clinic, diet counselling, diabetes monitoring and a social and recreational program. There is a daily charge of $3.00 that includes two lunches and dinner.

Participants are drawn from the greater North Sydney/Sydney Mines areas, there is a good deal of volunteer involvement, and transportation can be provided if required.

For further information contact:

Lucy Lamey
Telephone: 736-2831
or
Jacqueline Cantwell
Telephone: 736-2831

Employment Services

Canada Employment Centres

In addition to their job placement service, the Canada Employment Centres also offer assistance in creative Job Search Technique to help you find the job of your choice. Employment Centres are located throughout Nova Scotia. Check you phonebook for the office nearest you.

Transportation Services

Travel Discounts

There are a variety of travel discounts for seniors in Nova Scotia.

Air Canada and Canadian Pacific Airlines offer discounts of up to 65% on round trips.

For further information contact Air Canada (429-7111, Halifax) or Canadian Pacific Airlines (465-2111, Halifax) or 564-4545, Sydney; or 1-465-4454, elsewhere in Nova Scotia).

At VIA Rail you're an Ambassador if you're 60 years of age and over, and this entitles you to a 33% discount on fares in Canada, on your evening meal aboard the train, and on hotel reservations at any Holiday Inn in Canada.

The above discount is valid year round but does not apply to Dayniter or Sleeping Car space.

To obtain your personal Ambassador Fare Card, please write to:

VIA Rail Ambassador Card
1200 St-Amour
Ville St. Laurent, Quebec H4S 1J2

For train reservations and information call: 429-8421 in Halifax or 1-800-561-3952 for all other locations.

In Halifax, half-price bus fares for seniors are available from Metro Transit, P.O. Box 2928, Telephone 421-6600. They may also be obtained from:

Information Loto Booth
Micmac Mall, Centre Court, Dartmouth

Crowell's Pharmacy Ltd.
349 Herring Cove Rd., Halifax

MacKay Pharmacy
205 Pleasant Street, Dartmouth

Atlas Stationery Ltd.
Penhorn Mall, Dartmouth

Bayers Rd. Market
6494 Bayers Rd., Halifax

Dartmouth City Hall
Alderney Drive, Dartmouth

G. & Z. News
100 Main Street, Dartmouth

Sunnyside Book Store
Sunnyside Mall, Bedford

Information Loto Booth
Dartmouth Shopping Centre

MacDonald's Tobacco Lottery Booth — Mahon's
5476 Spring Garden Rd., Halifax

MacDonald's Tobacco & Gifts
Barrington Place, Halifax

L.E. Sievert & Son Ltd.
1573 Barrington St., Halifax

M.T.C. Bus Depot
200 Ilsley Ave., Dartmouth

Sybil's Sweets
70 First Lake Drive, Sackville

Staff of Life
Clayton Park Shopping Centre

Lawton's Drug
5515 Duffus Street, Halifax

Lawton's Drug
Scotia Square, Halifax

Lawton's Drug
Bayers Road Shopping Centre
Halifax

Lawton's Drug
Halifax Shopping Centre
Halifax

Lawton's Drug
Lord Nelson Arcade, Halifax

Lawton's Drug
1090 Queen Street, Halifax

Lawton's Drug
Professional Building, Halifax

Lawton's Drug
Simpsons Mall, Halifax

Lawton's Drug
2651 Windsor Street, Halifax

Lawton's Drug
Maritime Mall
Barrington Street, Halifax

Lawton's Drug
278 Bedford Highway, Halifax

Scotia Drug Centre
2151 Gottingen Street, Halifax

Shoppers Drug Mart
Quinpool Centre, Halifax

Northwood Mini Mart
Northwood Centre
North End, Halifax

O'Brien M.K. Pharmacy Ltd.
6199 Coburg Road, Halifax

MacKay Pharmacy
2959 Oxford Street, Halifax

Buckley's Drug Store
6247 Jubilee Road, Halifax

Dartmouth Senior Citizens' Service Centre
45 Ochterloney Street, Dartmouth

McQuinn's Drug Store
6455 Quinpool Road, Halifax

Transportation is free for seniors on the Dartmouth Ferry throughout the year.

Access-A-Bus

This transportation service is available to physically disabled people within the Metropolitan area of Halifax, Dartmouth, Bedford and those sections of Halifax County now served by the Transit Commission.

Courtesy service within the service area is provided to disabled persons residing outside the Metro area on a space available basis.

Anyone wishing to apply for Access-A-Bus service is required to complete and return an application. The fare is $1.30 one way.

For further information regarding the service call:

Registration: 421-6614
Dispatcher: 425-5544

Callow Veterans & Invalids Welfare League

The Callow Veterans & Invalids Welfare League provides group recreation transportation on request for physically handicapped people. Specifically equipped vehicles capable of accommodating those in wheelchairs as well as others unable to use conventional forms of transportation in comfort and dignity are available. There is no restriction as to age, colour or creed. The service is free.

For information contact:

Callow Veterans & Invalids Welfare League
P.O. Box 122
Halifax, Nova Scotia B3J 2M4
Telephone: 422-9433 (Office)

Cassibo Buses

Cassibo Buses provide provincial charter round-trip services. Special rates on bus trips are available to seniors.

For information contact:

Cassibo Buses Ltd.
71 Simmonds Drive
Dartmouth, Nova Scotia B3B 1N7
Telephone: 477-1615
7:00 a.m. to 4:00 p.m. - Monday to Friday

The Royal Canadian Legion

With 122 branches in Nova Scotia, The Royal Canadian Legion stands ready to assist war veterans, and senior citizens generally, in times of need. For years, many branches have been helping seniors. The service is especially helpful in rural areas where facilities, such as those in urban centres, are not always available. The Legion branches may provide health and home-support programs, blood-pressure clinics and facilities for foot-care clinics; some offer assistance to help retired people maintain their homes. The branches also provide transportation for seniors and lend wheelchairs, crutches and other apparatus.

Seniors requiring assistance may call the service officer of the Legion branch nearest them or contact:

The Seniors' Coordinating Officer
Provincial Command, The Royal
Canadian Legion
Rainnie Drive
P.O. Box 7116 North
Halifax, Nova Scotia B3K 5J5
Telephone: 429-6425 or 429-7031

We Care and Carry Errand Service

This is an errand service for those who because of age or disability are unable to do their own errands. The service includes shopping, taking clothes to the tailor, taking a pet to the Vet, having prescriptions filled at the drugstore, using the laundromat, mailing letters and parcels and much more.

For further information contact:

We Care and Carry Errand Service
Telephone: 434-1662
1:00 p.m. to 4:00 p.m. - Monday to Friday

Transport 2000

This is a volunteer consumer movement formed to promote public transport. The organization is involved in research, consumer advocacy and education, touching all aspects of public transportation in the four Atlantic Provinces. Transportation is a central issue affecting seniors, so the relevance of this organization is obvious.

Those interested may contact:

Transport 2000 Atlantic
40 Lorne Avenue
Dartmouth, Nova Scotia B2Y 3E7
Telephone: 469-3474

Community Health Services

The Canadian Red Cross Society, Nova Scotia Division

Canadian Red Cross,
Nova Scotia Division
P.O. Box 366
Halifax, N.S. B3J 2P8
Telephone: 423-9181

Red Cross provides a number of services for seniors. Resource materials are available to seniors upon request at no cost and cover a broad range of subjects such as instruction booklets on cooking for one and cooking for two, telephone alert cards, security guides for seniors on medication use and proper nutrition.

Programs and services are also provided. These include telephone support, friendly visiting, drug and nutrition education in the form of slides and tapes, fun and fitness exercise classes.

Red Cross will lend sick room equipment without charge for short-term care in the home. When a senior is disabled and unable to use public transportation, Red Cross provides free transportation to and from medical appointments and for shopping.

Red Cross Homemakers provide a home care support service in the Halifax-Dartmouth Metro area. Fees are charged on a sliding scale and related to income and family size.

The Poison Control Centre, Satellite Stations

The Poison Control Centre, located in the Emergency Department of The Izaak Walton Killam Hospital for Children, is a 24-hour phone-in service for the public and medical personnel. It provides information on the toxic effects and poison treatment of several hundred thousand household products and prescription drugs. Information is also provided on clams, mushrooms, street drugs, pesticides, and industrial problems.

The centre provides emergency treatment of all poisoning in children and shares information with hospital emergency rooms and physicians from all parts of the Maritimes. Education concerning the dangers of various products and drugs, plus first aid in a poisoning emergency, is provided to the public, civic groups, medical and pharmacy students, day care workers, public health nurses, and physicians in all areas of Nova Scotia and Prince Edward Island.

The centre maintains a collection of up-to-date, ongoing information on the contents and toxic effects of all products on the market.

The centre recently set up several satellite poison centres in the emergency departments of hospitals throughout Nova Scotia. However, the main centre for Nova Scotia is located in Halifax at 428-8161.

Satellite Stations are at the following locations:

Victoria General Hospital
Emergency Dept.
428-2043

Dartmouth General Hospital
Emergency Dept.
465-8333

Blanchard-Fraser Memorial Hospital
Kentville
678-7381 Ext. 215

Aberdeen Hospital
New Glasgow
752-8311

St. Martha's Hospital
Antigonish
863-2830

Highland View Regional Hospital
Amherst
667-3361 Ext. 145

Sydney City Hospital
Sydney
539-6400 Ext. 118

Yarmouth Regional Hospital
Yarmouth
742-3541 Ext. 111

South Shore Regional Hospital
Bridgewater
543-4603

Medic-Alert Bracelets

Medic-Alert bracelets are an ever-present record of personal medical information should a person become unconscious through accident. Bracelets provide information about allergies, diseases, blood types or special conditions. Applications for Medic-Alert bracelets are available from many life insurance offices or write to:

Canadian Medic-Alert Foundation
176 St. George Street
Toronto, Ontario M5R 2N1

Home Support Services — Private Sector

Homemaker services provided by voluntary agencies and the municipal level of government with provincial government supervision and cost sharing have been described on pages 24-26. In addition to these government sponsored services, three private enterprise organizations provide home support services on a fee basis. These are:

Comcare (Canada) Ltd.

2852-54 Agricola Street
Halifax, Nova Scotia B3K 4E6
Telephone: 453-0838

Comcare provides continuity of care for the patient through private duty nursing in the hospital, nursing home or in the patient's own home. Service recipients are billed weekly. Homemakers are provided. Service is available on a twenty-four hour and live-in basis.

Upjohn Health Care Services Ltd.

5670 Spring Garden Road
Halifax, Nova Scotia B3J 1H6
Telephone: 425-3351
Contact: Bernadette Paul

Upjohn provides R.N.'s, C.N.A.'s nurses aides, homemakers and companions to the elderly for a minimum of four and up to twenty-four hours a day as requested. The cost of the service depends on the qualifications of the personnel supplied.

"Sunshine" Personal Home Care (Real Help Services)

6411 Coburg Road
Halifax, Nova Scotia B3H 2A6
Telephone: 454-9400
Contact: Hilda Stevens

"Sunshine" Personal Home Care provides services which include: housekeeping, house cleaning, convalescent care, senior-sitting, babysitting, house care, pet care, painting, papering, running errands, live-ins and many other services. A 24-hour-a-day service is available on weekends as well.

Victorian Order of Nurses

Halifax and Provincial Branches
6955 Bayers Road
Halifax, Nova Scotia B3L 4S4
Telephone: 453-5800

The Victorian Order of Nurses is a non-profit, charitable, community health organization which provides professional nursing service on a visit basis to individuals and their families in the home or community setting. VON service stresses comprehensive, coordinated and compassionate health care in the home and helps individuals and

families to be as independent as possible. The VON also seeks to respond to health care needs in the community and has established other services such as senior citizens health maintenance programs, footcare and health assessment clinics, occupational health programs, a friendly visiting service and adult day centres. The VON serves a community on the request of the citizens and with the assistance of a local Board of Management which provides expertise and community insight.

The visiting nursing service is available to all ages, seven days a week, 24 hours a day according to need. It includes health assessment and teaching, treatment, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination in their daily lifestyle. Referrals are accepted from all sources, such as the individual, family, doctor or hospital. However, care is provided in consultation with the physician. The VON is supported by fee for service, donations, and grants. The fee for service is based on the average cost of a visit in a local branch. When necessary, the fee is reduced or omitted so that no one is refused service for financial reasons. Twelve branches make service available to a large geographical area and 82 percent of the population.

To inquire about service, please contact the office nearest you in Halifax, Dartmouth, Cape Breton Metropolitan Area, Amherst, Annapolis County, Kings County, Queens County, Hants West, Yarmouth County, Truro, New Glasgow, and Pictou.

Martha Home Health Care Project

25 Bay Street
Antigonish, Nova Scotia B2G 2G5
Telephone: 836-6116

Since 1978, Martha Home Health Care Project (MHHC) has provided home health/nursing visits to referred seniors, age 60 years and over, in Antigonish town and county. Referrals are self-referrals or are made by physicians, hospital discharge coordinators, community agencies, family and friends. Nursing care is provided in consultation with the family physician. Team collaboration with other service agencies is maintained.

MHHC is designed to offer a better quality of life for seniors endeavouring to maintain optimal functioning at home; to postpone or prevent admission to hospitals or homes for special care; to decrease length of stay in hospital; to teach patient and family health maintenance and to assist and support the spouse or family. Specific services include dressings, personal care, monitoring of medication, diet and activity, enemas, special specimens, vital signs, specialized treatments, care of the ill, and post-bereavement visits.

Home visits vary from daily (weekdays) to monthly, according to need. At present, there is a charge of $2 per visit.

Antigonish Town & County Home Care Society

188 Main Street
Antigonish, Nova Scotia B2G 2B9
Telephone: 863-5737

Antigonish Town & County Home Care Society is a home support organization serving approximately 3,000 members of the over 60 population. A network of volunteers from all age groups keeps in touch with people over age 60 in their area. The program coordinator is responsible to a Board of Directors and coordinates the efforts of all the volunteers. The following volunteer services are included in the project: outreach, tel-u-care, assisting the frail elderly and disabled, telephone education (Tel Ed), generation friends, the information resource library, educational workshops, and publications.

Respite Care

Caring for a chronically ill and disabled person may be a heavy burden, tying the family down for long periods of time. This is where "respite care" comes into the picture. What the phrase means is the provision of alternate care, generally in a group setting for two or three weeks or a short period of time while the family caring for the individual takes a vacation and, referring back to the phrase, has respite from the burden of constantly being on the job.

There are a number of nursing homes in Nova Scotia that provide some degree of "respite care" or "vacation beds". These facilities are:

Northwood Complex
2630 Gottingen Street
Halifax, N.S.
454-8311
Administrative Head:
Lloyd Brown

Villa Acadienne
P.O. Box 178
Meteghan, N.S.
B0W 2J0
645-2065
Administrative Head:
Henri Saulnier

Roseway Manor Inn
P.O. Box 518
Sandy Point
Shelburne, N.S.
B0T 1W0
875-4707
Administrative Head:
Joan Lay

Hill Crest Manor
P.O. Box 1210
Manor Drive
Truro, N.S.
B2N 5H1
895-2891
Administrative Head:
Carol MacMillan

Oakwood Terrace
10 Mount Hope Ave.
Dartmouth, N.S.
B2Y 4K1
469-3702
Administrative Head:
W.C. Clarke

A number of other Homes for Special Care provide this service if they have vacant beds. Additional information may be obtained by contacting Barb Miller, Chief Supervisor, Homes for Special Care, Department of Social Services, 424-3206.

Wheelchair Services

Wheelchairs are available for use while shopping at the following centres:

Bayers Road Shopping Centre
Available free from mall office — 453-2630

Bedford Place, 1658 Bedford Highway
Available at Orange Julius and Shoppers Drug Mart — 835-8381

Downsview Mall
Lower Sackville — 865-1933

Eatons Store — 454-8511
Halifax Shopping Centre
No reservations necessary.

Senior Optical Services

P.O. Box 652
Bedford, Nova Scotia B4A 3H4
Telephone: 477-4060

This company is unique to Nova Scotia. It provides complete optical and eye-glass care to major institutions, hospitals, senior-citizen complexes and individual homes by bringing optical services to them.

The services include mobile service to the home for those unable to leave their homes; 10% to 20% price reductions and a one-year guarantee for all eye-glass frames, lenses, parts and accessories; individual styling; transportation if eye examination required; and experienced and licensed opticians.

Voluntary Health and Welfare Agencies

Canadian Paraplegic Association — Nova Scotia Division

5599 Fenwick Street
Halifax, Nova Scotia B3H 1R2
Telephone: 423-1277 (8:30 a.m. to 5:00 p.m.)

This organization provides help to all persons with spinal-cord injuries, including counselling, referral, employment placement and information on accessible living accommodation. (Emergency transportation for the spinal-cord disabled can be arranged.)

The service provides wheelchairs, hospital beds, hydraulic lifters, bed bars and other equipment to the spinal-cord disabled when there is a financial need and when there are no other sources of help available.

The Alzheimer's Society of Nova Scotia

The Alzheimer Society of Nova Scotia is a charitable, non-profit organization of volunteers whose goals are to promote public awareness, public and professional education, and family support for those affected with Alzheimer's disease. The Society has written material about the disease, available

upon request, and has an information and support group that meets the second Wednesday of each month at Northwood Centre in Halifax. For more information, contact the Society at 455-7347 or write to P.O. Box 3413, Halifax, Nova Scotia, B3J 3J1.

Kidney Foundation of Canada — Nova Scotia Branch

1657 Barrington Street
P.O. Box 235
Halifax, Nova Scotia B3J 2A1
Telephone: 429-9298 (9:00 a.m. to 4:30 p.m.)

The Kidney Foundation promotes organ donation, specifically the donation of kidneys. It provides patient services to those afflicted with kidney disorders, provides public and patient information and education on kidney disorders, and is involved in fund raising to help in the fight against kidney disease and in medical research.

The Nova Scotia Heart Foundation

Nova Scotia Heart Foundation
P.O. Box 1585, 1657 Barrington Street
Halifax, N.S. B3J 2Y3
Telephone: 423-9281
President: Mrs. Frances Gregor
Executive Director: Mrs. Joan E. Fraser

The Nova Scotia Heart Foundation is devoted entirely to the study, control and prevention of heart and blood vessel diseases including stroke. To meet its objectives the Foundation raises funds to support Nova Scotia-based medical research and public and professional education programs which seek to further cardiovascular and health knowledge both to the medical and para-medical community and to the general public. The Foundation maintains an extensive film and literature library covering information on all aspects of cardiovascular diseases, their causes, symptoms, treatment and cure. These materials are provided to the public on request, usually free of charge, but the Foundation does try to recover costs on large orders.

Nova Scotia Lung Association

17 Alma Crescent
Halifax, Nova Scotia B3N 2C4
Telephone: 443-8141
8:00 a.m. to 4:00 p.m. Monday to Friday

The objectives of the Association are to assist in the prevention and control of lung diseases in the Province of Nova Scotia through health education in schools and health areas and in smoking withdrawal programs. The Association has established an Easy Breathers' Club for those suffering from Asthma, Chronic Bronchitis and Emphysema and carries out Family Asthma Programs in Nova Scotia for children through volunteers and local lung associations.

Nova Scotia Hearing and Speech Clinic

Nova Scotia Hearing and Speech Clinic
5599 Fenwick Street
Halifax, N.S. B3H 1R2
Telephone: 902-423-7354

The Nova Scotia Hearing and Speech Clinic provides the following services: diagnostic audiology, infant hearing testing, hearing aid evaluations, hearing education, lip reading and auditory training, laryngectomies, cleft palate and oro-facial deformities, aphasia, stuttering, cerebral palsy, articulation disorders, delayed language, language disorders, voice disorders and many other organic and functional disorders of speech, language and hearing.

The Nova Scotia Hearing and Speech Clinic, an independent, non-profit agency, is funded primarily from the Nova Scotia Department of Health. Private contributions, which are tax deductible, provide necessary sustaining funds. Your support is welcome and encouraged.

Regional facilities which may be contacted for assistance and information are as follows:

Highland View Hospital
110 Pleasant Street East
Amherst, N.S. B4H 1N6
Phone: 667-3361

St. Martha's Hospital
25 Bay Street
Antigonish, N.S. B2G 2G5
Phone: 863-2830

South Shore Regional Hospital
197 Dufferin Street
Bridgewater, N.S. B4V 2H1
Phone: 543-4603

Marshall Treatment Centre
N.S. Hospital, Box 1004
300 Pleasant Street
Dartmouth, N.S. B2Y 3Z9
Phone: 469-7500 Ext. 519

Digby General Hospital
67 Warwick Street
Digby, N.S. B0V 1A0
Phone: 245-2501

Blanchard Fraser Mem. Hosp.
186 Park Street
Kentville, N.S. B4N 1M7
Phone: 678-7381

Queen's General Hospital
School Street, P.O. Box 370
Liverpool, N.S. B0T 1K0
Phone: 354-3436

Fisherman's Mem. Hosp.
14 High Street
Lunenburg, N.S. B0J 2C0
Phone: 634-8801

Aberdeen Hospital
835 East River Road
New Glasgow, N.S. B3H 3S6
Phone: 752-4507

Strait-Richmond Hospital
RR #1, Cleveland
Richmond County, N.S. B0E 1J0
Phone: 625-3100

Roseway Hospital
Sandy Point Road
Shelburne, N.S. B0T 1W0
Phone: 875-3011

Eastern Shore Mem. Hosp.
Sheet Harbour, N.S. B0J 3B0
Phone: 885-2554

St. Rita Hospital
409 King's Road
Sydney Mines, N.S. B1S 1B4
Phone: 564-5414

Harborview Hospital
P.O. Box 128
Sydney Mines, N.S. B1V 2Y4
Phone: 736-2831

Colchester Hospital
207 Willow Street
Truro, N.S. B2N 5A1
Phone: 895-5421

Hants Comm. Hosp.
Windsor, N.S. B0N 2T0
Phone: 798-8351 Ext. 131

Yarmouth Regional Hosp.
60 Vancouver Street
Yarmouth, N.S. B5A 2P5
Phone: 742-3541

Twin Oaks
Musquodoboit Harbour, N.S. B0J 2L0
Phone: 889-2200

Canadian Diabetes Association

1221 Barrington Street
P.O. Box 275
Halifax, N.S. B3J 1Y2
Telephone: 421-1444
8:30 a.m. to 4:30 p.m. Monday to Friday

The Association promotes medical research into diabetes. The objective is self-help on behalf of the diabetic through education.The basic tools are literature, referral to services in medical care and dietary control, *Dialogue,* a quarterly magazine published by the Association, and biannual newsletters.

Canadian National Institute for the Blind

6136 Almon Street
P.O. Box 8180
Halifax, Nova Scotia B3K 5L9
Telephone: 453-1480
8:30 a.m. to 4:30 p.m. Monday to Friday

The C.N.I.B. serves all blind people of the Maritime Provinces, with no restrictions as to age, sex, religion or financial status. It provides social casework, rehabilitation teaching, vocational training and placement, an employment office, sheltered workshops and craft room with a salesroom. There is also an eye bank registry for people willing to donate their eyes after death. Current eye problems are not always a factor in determining their use. C.N.I.B. has particularly

good pamphlets on eye conditions such as glaucoma, muscular degeneration, diabetic retinopathy, and cataracts.

The C.N.I.B. provides a talking book service and, as well, there is a Senior Citizens Matinee Club that mets for social outings under the direction of President Anastasia MacAskill. This agency also provides an up-to-date dial-a-phone information line at 453-2263. The C.N.I.B. will answer any questions pertaining to blindness or visual difficulties.

Canadian Mental Health Association — Halifax Branch

5867 Spring Garden Road
Halifax, Nova Scotia B3H 1Y2
Telephone: 422-3087
8:30 a.m. to 5:00 p.m.

Mental Health/Halifax, a local branch of the Canadian Mental Health Association, provides public education and information on mental health topics. This is carried out through distribution of written materials, telephone assistance, and public speaking.The branch, through its staff and volunteer board, has an advocate role in mental health service development. Both Halifax and Dartmouth branches operate a social support program for ex-psychiatric patients.

Halifax Stroke Club

Telephone: 443-7907

This club is a self-help group where members learn through doing in a supportive group setting.

Stroke clubs have proven to be of great value in the recovery process, not only to the person who has had the stroke, but to the immediate family as well. A stroke club can help combat problems of isolation, depression and regression. It can provide fellowship and understanding, and open the door to self-confidence and independence.

Multiple Sclerosis — Halifax-Dartmouth, Metro Chapter

1183 Susan Drive
Lower Sackville, Nova Scotia B4E 1P4
Telephone: 865-9533

The agency supplies wheelchairs, walking aids, lifts for bathtubs, etc., to Halifax-Dartmouth, Bedford and Sackville residents. The group has social activities and a fund raising program.

Canadian Cancer Society

Provincial Headquarters
1657 Barrington Street
Suite 201
Halifax, Nova Scotia B3J 2A1
Telephone: 423-6183
8:30 a.m. to 4:30 p.m.

It is the present policy of the Nova Scotia Division, Canadian Cancer Society, to help cancer patients within certain prescribed limits without overlapping the work of any other organization.

Patients or relatives may make application to their local unit or provincial headquarters.

Each case requiring financial outlay (e.g. boarding, transportation or drug assistance, etc.) is treated individually on its merits.

Rehabilitation counselling and assistance for supplies are available.

Arthritis Society — Nova Scotia Division

5516 Spring Garden Road
Halifax, Nova Scotia B3J 1G6
Telephone: 429-7025
9:00 a.m. to 5:00 p.m. Monday to Friday
Except summer months (July to September 1),
8:30 a.m. to 4:30 p.m.

The Arthritis Society is the only organization in Canada solely devoted to the search for the causes of and cures for arthritis. Through its program of public education and information, the Society distributes factual material about the more than 100 different forms of the disease. The Society provides home-care physiotherapy services in the Halifax-Dartmouth area and some other communities in Nova Scotia. The service is not limited to people with arthritis and is available to those who need physiotherapy at home. A physician referral is required to receive the service.

Abilities Foundation of Nova Scotia

3125 Kempt Road
Halifax, Nova Scotia B3K 5N6
Telephone: 429-3420
8:30 a.m. to 4:30 p.m. Monday to Friday

The Canadian Rehabilitation Council for the Disabled conducts various programs for children and adults who are disabled, as well as supplying aids such as wheelchairs, crutches, and a clinic service for children. For any information concerning various programs call the above number.

Parkinson's Disease Society of Nova Scotia

Box 242, Station "M"
Halifax, N.S.
B3J 2N7

The Parkinson's Disease Society of Nova Scotia was formed in 1983. It is a non-profit, volunteer organization which provides an opportunity for persons to discuss experiences and share common problems related to the disease. The Society promotes research and encourages a physiotherapy program.

General Information

Proof of Age

Many reductions and benefits are available to senior citizens. In order to receive them, however, you are often expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your application form. If these are not available, other documents are often accepted to establish age.

Birth Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. Be sure to include your full name at birth (first, middle, last). In Nova Scotia the address is:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4374

If you were NOT born in Canada, the following offices may be able to provide you with information on where to write for a foreign birth certificate:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
OR
Income Security Programs
6960 Mumford Road
Suite 111
Halifax, Nova Scotia B3L 4P1

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you don't know the specific church, write the central office of your religious denomination. They may have duplicate records.

Other Documents

If both your birth and baptismal certificates are unavailable, there are other documents which can be used to establish your age. Usually, two or more of the following are required:

- Family Bible or other personally kept family records
- Marriage certificate, church roll, communion or confirmation certificates
- Education documents such as school registers, diplomas, teacher's certificates
- Insurance record or government annuity contract
- Hospital or medical records, vaccination records
- Pension or superannuation records
- Employment records
- Newspaper clippings
- Public records such as assessment rolls, voter and jury lists
- Membership records in lodges, clubs and associations
- Military records
- Court records
- Census records and National Registration records
- Naturalization documents, Citizenship certificate, Immigration record or Passport.

Contact the Old Age Security Office for further assistance and information.

Social Insurance Number

Seniors wishing to obtain a Social Insurance Card or to replace a lost or stolen Social Insurance Card should contact their nearest Canada Manpower Office. A birth certificate and one additional piece of identification, such as an M.S.I. card or a driver's license, will be required. A fee of $10.00 will be charged by Canada Manpower.

Courtesies and Discounts

Many banks offer special courtesies to senior citizens. These courtesies may include free chequing or no charge for paying utility bills, etc. Inquire at your bank about the specific services that it provides.

Insurance agents often provide discounts on home, property and fire insurance, which are well worth inquiring about.

Travel Discounts

The following firms provide travel discounts for seniors.

Nova Tours
6064 Quinpool Road
Halifax, Nova Scotia
B3L 1A1
Telephone: 902-429-3702

Atlantic Tours Ltd.
P.O. Box 3596
Halifax, Nova Scotia
B3J 3J2
Telephone: 423-6242 or
Toll Free: 1-800-565-7173
Contact: Paul Emmons

Airport Transfer Co. Ltd. —
Nova Charter Services
71 Simmonds Drive
Dartmouth, Nova Scotia
Telephone: 463-0212

Harvey's Travel
1796 Granville Street
Halifax, Nova Scotia
B3J 1X7
Telephone: 429-0080

Good Neighbour Tours
25 Palmer Street
Truro, Nova Scotia
B2N 4E8
Telephone: 895-3500
895-7887

Discounts for Seniors — Senior Handbook

The Nova Scotia Division of Canadian Pensioners
Concerned distributes, at cost, Discount Lists naming firms which provide discounts to older citizens, e.g. *Senior Handbook* issued by the Senior Citizens Information and Service Centre, Halifax. The address where the Handbook may be obtained is shown on page 55 of this booklet. Travel discounts available to seniors are listed under Transportation Services (page 58).

Most theatres and agencies providing entertainment offer discounts to seniors. It is suggested that you always make inquiries regarding these discounts. In many cases the clerk serving you may not be aware of what is available. Your inquiry will serve to emphasize the importance of discounts for seniors.

Other publications are:

The Senior Citizens Buyers Guide
Suite 203, 1585 Barrington Street
Halifax, Nova Scotia
B3J 1Z8

The Seniors' Information Directory
P.O. Box 246
Waverly, Nova Scotia
B0N 2S0

Senior Citizens' Councils

There are approximately 275 senior citizens' clubs throughout Nova Scotia. With the growth of the senior population the membership of these clubs is steadily increasing. Representatives from the various clubs form Regional Councils. The Councils and their Executive Members are listed below.

Annapolis County
PRESIDENT
Mrs. Kay Wilson
Bridgetown
Annapolis Co., N.S. B0S 1C0
Telephone: 665-2386

Antigonish-Guysborough Senior Citizens' Council
PRESIDENT
Mr. Greg MacKenzie
64 MacKinnon Street
Antigonish, N.S. B2G 1M2
Telephone: 863-3649

Cape Breton
PRESIDENT
Mr. John Clark
23 Emery Street
Glace Bay, N.S. B1A 2R9
Telephone: 849-2316

Colchester, East Hants
PRESIDENT
Mr. Gordon Upham
350 Robie Street, Apt. 109
Truro
Colchester Co., N.S. B2N 1L3
Telephone: 893-8926

Cumberland County Council of Senior Citizens
PRESIDENT
Mrs. Ruth Mitchell
RR #2
Pugwash, Cumberland Co., N.S. B0K 1L0
Telephone: 243-2245

Dartmouth Senior Citizens' Council
PRESIDENT
Mr. Milton Dixon
7 Howe Street
Dartmouth, N.S. B3A 3Z6
Telephone: 466-3961

Digby County
PRESIDENT
Ms. Ruth Jago
RR #4,
Digby Co., N.S. B0V 1A0
Telephone: 834-2199

Halifax
PRESIDENT
Mr. Jim Baxter
11 Drysdale Road, Apt. 9
Spryfield, N.S. B3R 1L4
Telephone: 477-7406

Halifax County
PRESIDENT
Mr. Ron Mahar
30 Irene Avenue
Lower Sackville, N.S. B4E 1H5
Telephone: 865-4124

Inverness-Richmond
PRESIDENT
Mr. Fred Wildsmith
Port Hawkesbury
Inverness Co., N.S. B0E 2V0
Telephone: 625-2183

Kings County
PRESIDENT
Mrs. Ruth Campbell
RR #3, Aylesford
Kings Co., N.S. B0P 1C0
Telephone: 847-3205

Lunenburg
PRESIDENT
Mr. Fred Turpin
RR #1, Hubbards
Halifax Co., N.S. B0J 1T0
Telephone: 228-2337

Pictou County Council of Senior Citizens
PRESIDENT
Mr. Jim Reid
Pictou County Council of Senior Citizens
c/o Valley View Villa
Pictou, N.S. B0K 1A0
Telephone: 755-5780

Shelburne County
PRESIDENT
Mr. Jack Conrad
P.O. Box 1072
Shelburne, N.S. B0T 1W0
Telephone: 875-3050

Yarmouth County
PRESIDENT
Ms. Frances Boudreau
RR #1, Arcadia
P.O. Box 4215
Yarmouth Co., N.S. B0W 1B0
Telephone: 663-4480

Information Re: Societies Act

Senior Citizens' Clubs wishing to incorporate under the Societies Act should become familiar with the following information:

SOCIETIES — INCORPORATION OVERVIEW AND INSTRUCTIONS

Incorporation of a non-profit organization is a purely voluntary action and it is not mandatory upon the members to form a body corporate.

Results of Incorporation

The Societies Act was proclaimed in 1953 as a vehicle under which any five or more persons wishing to incorporate a society may do so by submitting certain documentation to the Registrar of Joint Stock Companies. A society under this Act is effected in the same manner as the creation of a corporate body under the Companies Act, that is to say a society under this Act is a corporate entity separate and apart from the members with the power to hold property and carry on the objects as set forth in the Memorandum.

Limitation of Incorporation

Subject to Section 4 of the Societies Act, any **five persons** may, by subscribing to a Memorandum of Association, submitting by-laws and a list of first directors, form a society. The purpose for which a society may be incorporated is restricted to the items set out in Section 2 cited as follows:

> "A society may be incorporated under this Act to promote any benevolent, philanthropic, patriotic, religious, charitable, artistic, literary, educational, social, professional, recreational, sporting or any other useful object, but not for the purpose of carrying on any trade, industry or business."

Advantages

The reasons or advantages for incorporation may be divided into several categories:

1 **Protection of Name** — prior to incorporating, the name must be approved by our office to ensure that it is not currently being used by any other organization, be it body corporate or partnership, in this province.

2 **Public Record** — through incorporation, the objects of the organization are placed on public record so that any individual may ascertain the purposes of the society by simply checking the records at the Joint Stock Companies Office.

3 **By-Laws** — one of the most common frailties of non-profit organizations is the continual transfer on an annual basis of the books and records from one secretary to another. In many cases, the original by-laws of the association are misplaced and consequently time may be wasted at the annual or special meetings determining the correct method of conducting meetings, powers of directors, appointment of officers, etc. The secretary may request a photocopy of same to ensure that the method of transacting business is done according to the regulations laid down by the society.

4 **Personal Liability — under Section 25**

"No member of a society shall, in his individual capacity, be liable for any debt or liability of the society beyond the amount of any suscription, dues or fees payable by him to the society."

The society may sue or be sued under its legal entity.

5 **Tax-exempt Receipts** — Incorporation under the Societies Act does not give the society the right to issue receipts which may be used by the donor for income tax exemption purposes. Should a society wish to grant tax exempt receipts, application must be made to Revenue Canada.

6 **Grants** — in most cases, any government department which provides grants to non-profit or charitable organizations insists on the organization becoming incorporated prior to the approval of the grant.

How to Incorporate

In order that incorporation may be effected under the Societies Act, certain documentation must be filed with the Registrar as follows:

1 **Name Approval** — Prior to incorporation, the proposed name of the society must be reserved by the office of the Registrar of Joint Stock Companies (424-7770).

2 **Memorandum of Association** — the Memorandum of Association must state:

(i) the name,
(ii) the objects or purposes for which the society is to be incorporated,
(iii) the proviso clause with respect to the carrying on of business and that no profits will accrue to the members,
(iv) term or condition respecting dissolution or winding up,
(v) the registered office of the society,
(vi) the general geographic area where the activities are to be carried on,
(vii) the Memorandum is to be subscribed by a minimum of five individuals, signing in their own handwriting their names, addresses and occupations. All signatures are to be witnessed by an individual who is not one of the subscribers.

3 **By-Laws** — the By-laws are the everyday rules of management and contain certain clauses with respect to membership, appointment of directors, duties of directors, appointment of officers, duties of officers, financial reporting, method of calling and conducting meetings, etc.

4 **Typewritten List of Directors** — this list contains the names, addresses and occupations of the first directors of the society, and said list will indicate the expiration of their term of appointment. This is usually until the next annual general meeting.

5 **Fees** — incorporation fees are a minimal $5.00.

6 **Annual requirements** — subject to Sections 17 and 18 of the Act, every society must file annually:

(i) a list of directors as appointed at the last annual meeting, setting out their names, addresses and occupations, and dates of appointment. A list should also be filed any time during the year in which a change of directors has occurred, through vacating of office, dismissal, etc.

(ii) a financial statement must be filed annually. This statement is to be in the form of a balance sheet and income statement and a copy of the report filed at the annual meeting for examination by the members is sufficient for filing.

7 **Amendments** — Any amendments under the Societies Act may only be effected by special resolution; a special resolution being a resolution passed by a minimum of three-fourths of the members present, either in person or by proxy where proxies are allowed, at a meeting duly called and convened for the purpose of passing said resolution, and must be approved by the Registrar before taking effect. The directors have no power to alter

the By-laws or the Memorandum of Association.

A special resolution must be passed for such items as:

name approval; alteration of the objects and purposes of the society; amending the by-laws; borrowing of money.

For further information contact:

Registry of Joint Stock Companies
Main Floor, Centennial Building
1660 Hollis Street
P.O. Box 1529
Halifax, Nova Scotia B3J 2Y4
Telephone: 424-7770

Good Nutrition

Food choices for older adults are affected by a number of factors. Disability and illness, depression and loneliness, reduced income and possible changes in living environment can lead to inappropriate food practices. A number of problems experienced by this age group — lack of energy, bone fragility, constipation — are aggravated by poor food habits. CANADA'S FOOD GUIDE also provides a framework for wise food choices for this age group.

Because physical activity may be further reduced in older adults, energy requirements are less. However, nutrient needs do not decrease. Wise food choices for this age group are those of higher nutrient density, namely foods providing nutrients without being high in energy content. A reduction in the use of additional foods and beverages is advisable.

Unfortunately, some older adults let dental problems and rising food costs interfere with their food intake, especially of FRUITS AND VEGETABLES. This can lead to inadequate intakes of vitamin A, vitamin C, thiamin, folacin and fibre. Carefully prepared and cooked fruits and vegetables and juices can provide these nutrients.

Osteoporosis, a condition of decreased bone density and weakened bone structure, is a serious problem, particularly in older women. One probable cause is inadequate calcium and vitamin D intake over a period of years. Continued emphasis on MILK AND MILK PRODUCTS is needed in the senior years.

In cases where depression and loneliness are affecting food intake, a change in social environment may be the solution. Sharing meals with friends, participating in community meal programs or simply watching television while eating can make mealtimes more enjoyable. Meal delivery programs are also available in some communities.

If older adults are having difficulties changing eating habits to adapt to reduced financial resources and health problems, nutritionists and dietitians can provide some practical answers.

Eating a variety of foods from each of the Canada's Food Guide groups should provide you with all the necessary nutrients for a well-balanced diet.

These are the 4 groups:

1. Milk and Milk Products
2. Breads and Cereals
3. Fruits and Vegetables
4. Meat and Alternates

The Food Guide recommends a daily intake for an adult of:

Milk and Milk Products (2 Servings). One Serving Examples:

- 250 ml (1 cup) whole milk, skim milk, buttermilk, 2% or reconstituted evaporated milk
- 250 ml (1 cup) yogurt or cottage cheese
- 45 g (½ oz.) cheddar or process cheese

If no milk products are consumed, calcium may be acquired through eating canned salmon (bones included), broccoli, sardines, soy products, and nuts.

Breads and Cereals: (3-5 servings). One Serving Examples:

- 1 slice enriched or whole grain bread
- 125 - 250 ml (½ - 1 cup) cooked or ready to eat cereal
- 1 roll or muffin
- 125 - 200 ml (½ to ¾ cup) cooked rice, macaroni, spaghetti or noodles

Fruits and Vegetables: (3-5 servings). One Serving Examples:

- 125 ml (½ cup) vegetable, fruit or natural juice
- 1 medium potato, carrot, green pepper, tomato, apple, banana, orange

At least two of the servings should be of vegetables.

Meat and Alternatives (2 servings). Examples of a Serving are:

- 60-90 g. (2-3 oz.) cooked meat, poultry, fish, liver
- 80 ml (⅓ cup) canned tuna or salmon
- 60 ml (4 tablespoons) peanut butter
- 250 ml (1 cup) baked beans
- 2 eggs
- 80-125 ml (⅓ - ½ cup) seeds and nuts

Anyone wishing to obtain a copy of Canada's Food Guide at no charge can write or call their local Health Department for specific nutrition information; a community health nurse is also available for consultation.

Mealtimes Are Social Times

Seniors should try to have company during meal time, whether it be a friend, a pet, a radio, T.V., or even a favorite book.

With this idea in mind, groups of seniors should arrange to eat meals together. Homes for Special Care, schools, clubs with dining areas could invite seniors to join them in a meal. Some groups have formed supper or luncheon clubs to enjoy good food and company. Car pools and volunteer transportation can be arranged to include those who are not independent in transportation. Some Homes for Special Care and clubs exchange a very inexpensive meal in return for volunteer time from a senior to play the piano, sing, read to the blind, or write a letter. The old familiar pot luck supper is also a letter. The old familiar pot luck supper is also a good way to bring people together from various locations.

Information is available from the regional office of the Department of Health on nutrition and food.

Hospice Program

The Hospice Program at the Victoria General Hospital began as a volunteer effort in 1978 and has expanded to include three Hospice nurses who act as consultants and educators in providing care to patients and their families dealing with a life-threatening illness.

A psychiatrist who specializes in Hospice Care is available as a consultant to the Hospice program. A group of trained volunteers works in the capacity of a friendly helper with patients and families who have been referred. The volunteer makes time available to the patient and/or family, and works toward meeting whatever needs the family unit identifies.

In addition to assisting with hospital care, the Hospice Program provides assistance when a terminally ill person wishes to be cared for at home, and offers support to family members following the death of a relative. Patients and families are generally referred by hospital staff; however patients or family members may contact the Victoria General Hospice Program by calling 428-4174 or 428-5533, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Palliative Care Service

This service, based at the Halifax Infirmary, seeks to complement existing clinical services in the care of patients affected by a limited life expectancy and their families. The emphasis is on the greatest possible relief of suffering, as well as the highest possible quality of life for both patient and family.

Trained, experienced staff, consisting of a physician, two R.N.s, other health-care professionals and trained volunteers, provide information on increased pain and symptom control, and counselling and support in the hospital setting and at home. Support for the family continues during mourning and is also available, on a limited basis, for others who are grieving.

Additional information may be obtained by calling the Halifax Infirmary at 428-3119.

Coping With Death

The Way Ahead

The loss of a loved one, a job, or a home can be as great a shock to the system as an illness or surgery. Just as you would postpone major decisions while healing from surgery, so also you should postpone them while healing from the emotional wound of a loss. Decisions regarding future lifestyle, property or moving to new living quarters can usually be postponed for a number of months without too much difficulty.

Funeral Plans

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements or bequeathing the body for medical research or organs for use by others.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself and try to cut costs by eliminating the items you consider to be least important. Cremation is one such alternative available.

In situations where there is little or no money available for funeral expenses, assistance may be available through the Municipal Social Services office. If the deceased was receiving War Veterans' Allowance, the Department of Veterans Affairs (p. 9) may also provide some assistance.

For members of religious organizations please remember to call your clergyman first.

Death Certificate

In most situations funeral directors look after the arrangements and have the death certificate submitted to the Deputy Registrar General.

If you require copies of the death certificate for any purpose, they may be obtained for a fee of $5.00 each at the following location:

Deputy Registrar General
P.O. Box 157
Halifax, Nova Scotia B3J 2M9
Telephone: 424-4373
424-4380

Death Benefits

Several pension plans provided by the government, by companies or privately, include survivor benefits. All sources of income for the deceased should be checked to see what kind of provisions are made for survivors. Because of the different ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. If you need assistance with this task, consult an accountant.

Making Things Easier for Those You Leave Behind

The period following a death is a highly emotional time, and basic pre-planning can spare your friends and family some agonizing decisions, confusion, worry and legal entanglements.

Making a Will

Many potential problems and delays may be avoided by drawing up a will. You may feel it isn't worth it because you have so little to leave but you probably have more than you realize. It is advisable to have your will drawn by a lawyer. The fee is minimal and well worth the investment. If you don't have many assets and your finances are straightforward, you can write your own will without professional assistance. Standard forms are available at most stationery or office supply stores, and you will need two competent adults, who are not mentioned in the will, to act as witnesses to your signing. The witnesses must be present with the testator and witness him or her signing the will, and also witness each other signing the will.

If your will is quite complicated and detailed it is best to have it done by a lawyer. Legal Aid and Lawyer Referral (p. 51-52) can provide assistance in such situations, or contact your own lawyer.

It is important that you keep your will in a safe place and that the executor of the will knows where that place is.

As soon as there are significant changes in your estate, your will should be updated.

In cases where there is no will or next of kin, the Public Trustee of Nova Scotia has the power to administer the estate:

Public Trustee of Nova Scotia
P.O. Box 685
Halifax, Nova Scotia B3J 2T3
Telephone: 424-7760

Arranging Your Affairs

Do you know where your important papers and documents are located? Are they together, or scattered? Have you forgotten where you stored what?

It is unlikely that your survivors can find these papers if you do not know where they are. Several of your immediate family or friends should be entrusted with the locations of your important documents (of course, it is handiest if in one location). This matter is simply done by preparing a personal record listing the locations of the following.

- birth certificate
- social insurance number
- marriage certificate
- safety deposit box and keys
- securities and records
- power of attorney
- burial plans
- armed services record
- Old Age Security number
- will
- insurance policies
- mortgages
- deeds
- tax bills
- leases
- debts
- bank accounts

Funeral Arrangements

Although the topic may be very distasteful to you, it is very practical and becoming increasingly more acceptable to pre-plan certain funeral arrangements. Information regarding your funeral plans and any burial plot you may have purchased should be included in your personal record. Make sure you understand all the conditions of these various transactions and have them in writing before signing anything.

You may not wish to make such extensive plans, but you should leave instructions as to your wishes.

The Greater Halifax Memorial Society

Many people who pre-plan their own funerals have a concern that their survivors should not make very elaborate and expensive funeral arrangements. With this in mind, memorial societies have been established, which enable their members to obtain a simple funeral at a predetermined low cost. These organizations are non-profit, non-sectarian and non-political.

If you are a member of a religious organization, your clergyman should be notified first of all.

For more information on membership in Memorial Societies, contact:

The Greater Halifax Memorial Society
P.O. Box 56
Lower Sackville, N.S. B4C 2S8
Telephone: 865-5370

Community Contact for the Widowed

The Community Contact for the Widowed offers social and educational programs for those who have been recently widowed. The Association coordinates a widow-to-widow/widower-to-widower support program and provides information, referrals and emotional support as well as professional help if requested.

The Association aims at developing a community awareness of the problems of bereavement.

For further information contact:

Mrs. Doris Bryson, President
1725 Garden Street
Halifax, Nova Scotia B3H 3R5
Telephone: 422-6950

For one-to-one widowed support, contact:

Mrs. Ida Zifkin, Chairperson
6636 Pepperell Street
Halifax, Nova Scotia B3H 2P4
Telephone: 422-5609

The Association meets monthly (September to June) at the Halifax Y.M.C.A.

For additional helpful information read:

Survival - A Sourcebook for Widows, published by the Nova Scotia Advisory Council on the Status of Women and

available from the Provincial Government Bookstore, P.O. Box 637, 1597 Hollis Street, Halifax, N.S. B3J 2T3. Price $1.50.

When You Move

Service organizations you should notify include:

Your Bank
Consult with a bank representative to determine the closest branch to your new location for the transfer of your account. Today, with electronic banking, transfer of funds is practically instantaneous. Chances are your money will arrive before you do.

Telephone
Phone your local business office to cancel your phone and inquire about obtaining a new phone number at your new location. If you own your own phones, or have telephones with jacks, remember to take your phones with you. New buildings may not have jacks already installed. So check to determine if jacks are available for telephone hook up.

Hydro
Cancel your hydro and make arrangements to have hydro turned on at your new location.

The Post Office
Mail change of address cards, which you get free from the post office to friends and relatives. Notify important services, and offices re such things as pension payments, etc. Make arrangements with the local post office to have your mail forwarded. Canada Post charges $9.50 for four months service.

Heating Fuel
If your home is heated by gas, inform the gas company that service be discontinued. Inform the oil delivery company to discontinue oil delivery and arrange payment from the new tenant/owner for the remaining oil in the tank.

Water
Notify the municipality so that the water meter can be read for billing purposes on the day you move.

Credit Cards
Make certain that you inform companies with whom you hold credit cards of your change of address. Most of the major oil companies provide a change of address form on the return envelope flap.

Temporary Phone
During the moving process try and make arrangements with a friend or neighbour for emergency calls.